

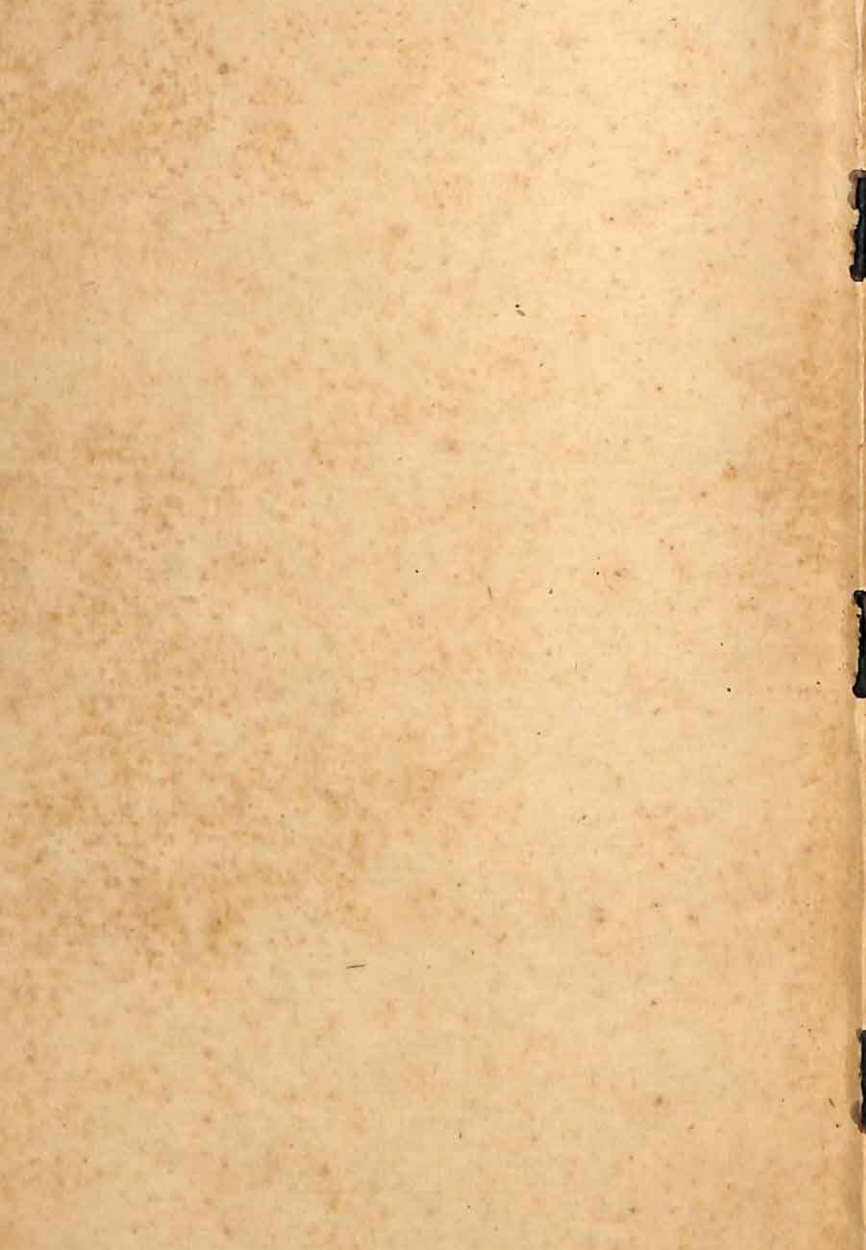
1751

CYRIL BIBBY



HEALTHY
AND HAPPY

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HEALTHY AND HAPPY

BY THE SAME AUTHOR :

For Primary Schools

A HEALTHY DAY (*Macmillan*)

HEALTHY PEOPLE (*Macmillan*)

For Secondary Schools

AN ACTIVE HUMAN BIOLOGY (*Heinemann*)

SIMPLE EXPERIMENTS IN BIOLOGY (*Heinemann*)

HOW LIFE IS HANDED ON (*Nelson*)

For Adult Classes

THE EVOLUTION OF MAN AND HIS CULTURE (*Gollancz*)

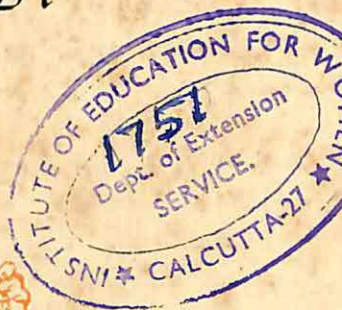
HEREDITY, EUGENICS AND SOCIAL PROGRESS (*Gollancz*)

For Educators

SEX EDUCATION : A GUIDE FOR PARENTS, TEACHERS
AND YOUTH LEADERS (*Macmillan*)

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HEALTHY
AND HAPPY

BY
CYRIL BIBBY



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For
Peter, John, Helen and Gillian
and their cousins

PRINTED IN GREAT BRITAIN

PREFACE FOR TEACHERS

RECENT years have seen a considerable intensification of interest in health education and a deepening appreciation of what that term implies. Unfortunately this educational advance has scarcely been reflected in school texts, and some of the so-called 'hygiene' books are of such a negative and prohibitory nature as to give children the impression that they can be either hygienic or happy, but not both. This book, however, attempts not only to present the simple basic facts relevant to healthy living, but to do so in such a way as to convey the general impression that to live healthily is to live happily and that to practise health is not only good sense, but also good fun.

In writing this series I have tried to cater for the interests, needs and reading abilities of children over a wide range ; but it is clearly only the individual teacher, knowing the individual pupils, who can decide for which class in any particular school the text of this volume is most suited. Needless to say, I have tried to keep the vocabulary within appropriate limits of simplicity, but have had no hesitation in introducing relevant technical terms where their omission would involve inaccuracy or circumlocution, or where familiarity with them is essential for intelligent reading of the popular press in later years. Some unfamiliar words, moreover, have been introduced deliberately, in the hope

that children will ask their meanings and thus give the teacher opportunities for explanation and discussion.

While I have tried by the general tone of the text to encourage a positive emotional attitude towards health, it is clear that any book will be impotent in the absence of proper school and home attitudes. All the health instruction in the world is so much dead seed unless it is made viable by pupils who have a real desire for health and who know joy in its attainment. An effort has, therefore, been made in the text to realise health instruction in everyday child-situations and to present health education as active doing rather than as passive reception.

In health education, perhaps more than in most fields of education, co-operation between school and home is essential and I have, therefore, taken the unusual step of addressing a preface to parents. It is my hope that teachers will make a point of asking pupils to show this preface to their parents and will also try to draw the parents into active co-operation in the health education of their children. There is also a preface for children, which might well be read in class and used as a basis for discussion.

The subject matter of this volume deals with those aspects of health (both physical and mental) which seem to me peculiarly important for children of this age-range ; and in the selection of this matter much help has been derived from British health statistics, the publications of various health bodies and some of the American studies on ' curriculum building '. A fair amount of space is

given to safety training, since the common practice of devoting several pages to the cleaning of the child's teeth and only two or three lines (if that) to the preservation of the life of the child whose teeth are to be cleaned, strikes me as somewhat unbalanced. In deciding what safety topics to include, valuable guidance has been obtained from statistical reports of child-accident deaths and injuries.

The series owes much to the generous help of many friends. Mrs. F. M. Bibby, Sir Fred Clarke, Miss E. M. Cockhill, Professor H. R. Hamley, Lord Horder, Mr. J. A. Horner, Miss W. E. Tilley, Mr. R. N. Waters and Mr. L. A. Wilson all willingly gave of their special knowledge and experience ; while the children who read the text at various stages gave more help than they knew.

The drawings and photographs have all been made specially for the books, the former by Mr. Ian Morison and the latter by Camera Talks of Northwood, both working in close collaboration with Mr. H. Cowdell ; while Mr. L. J. F. Brimble, as editor, coordinated everybody's efforts. To all these I tender thanks, whilst emphasising that responsibility for any inadequacy or error is mine.

CYRIL BIBBY

CHIPPING BARNET
HERTFORDSHIRE

PREFACE FOR PARENTS

It is somewhat unusual for a school book to have a preface for parents, but the reason here is fairly obvious. The education of children to a healthy way of life cannot be carried out successfully by teachers alone : the co-operation of parents is essential. It is useless for the teacher to explain the need for a balanced diet, if the parent in the home provides an unbalanced one ; it is equally useless for the parent to insist on the washing of hands before eating, if the teacher in the school does not back up this training. Neither parent nor teacher can do a satisfactory job unless the other helps.

I am not, of course, asking parents to do the work of teachers. I am, however, saying that parents who wish their children to grow into a healthy way of life cannot afford to leave everything to their teachers. And, if your children are asked in school to do certain things at home, please help them to do so. If, moreover, you feel that the teacher can help your efforts at health training by doing certain things at school, please do not hesitate to say so. Your children's teachers may not always agree with you, but they will welcome your interest and co-operation.

CYRIL BIBBY

CHIPPING BARNET
HERTFORDSHIRE

PREFACE FOR CHILDREN

Do you know what a preface is? In a preface, the person who has written a book gives a short message to the people who are going to read it.

I want to give a message to you ; but first let me ask you a question. What do you think is the most wonderful thing in the world? The pyramids? An aeroplane? Wireless? The Niagara Falls? No : YOU are the most wonderful thing in the world ; for the human body and the human mind can do things that nothing else can do.

Now let me ask you another question. If you had a bicycle, would you try to find out how it works and how to keep it in good running order ; would you take great care that it was not smashed by an accident? Of course you would. Then how much more important it is to learn how YOU work, how to keep yourself healthy, and how to keep yourself from accidents.

There is my message, then—you have a wonderful body and a wonderful mind ; see that you look after them!

CYRIL BIBBY

CHIPPING BARNET
HERTFORDSHIRE

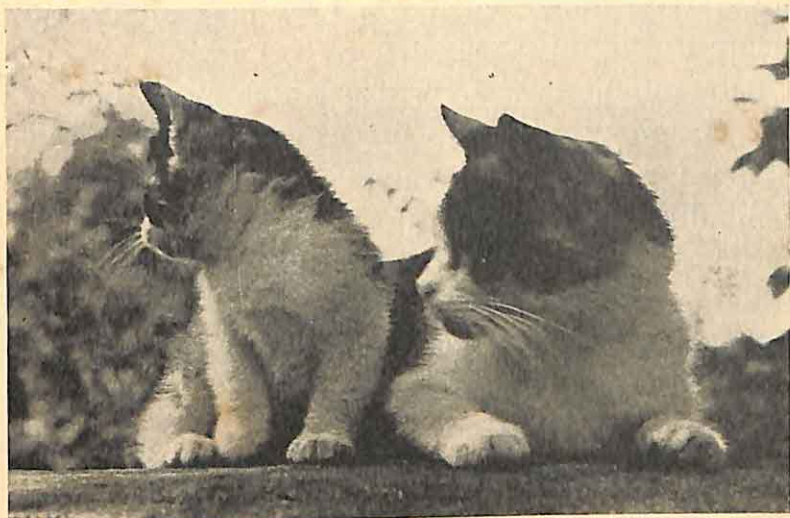


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I. GROWING UP



BABIES AND ADULTS

*I had a little kitten,
No bigger than my hand ;
You'd find no finer kitten
Throughout the whole wide land.*

*But now my lovely kitten
Has grown quite big and fat ;
And in the whole of Britain
You'll find no finer cat.*

Look at this lovely little kitten with her mother!

their bodies. Before a mammal is born, it grows safe and sound inside its mother's body, and gets its food from her blood. After birth, a baby mammal feeds on milk from its mother's breasts. Milk is the very best food for young mammals, and they need plenty of it if they are to grow healthily. When they are a little older, they start eating other foods, and these foods help them to keep on growing.

Humans are also mammals. We are warm-blooded and have hairs on our bodies (especially on our heads). Before we are born we grow inside our mothers' bodies. After we are born, we are fed on milk from our mothers' breasts for the first few months. Then we gradually learn to eat other foods.

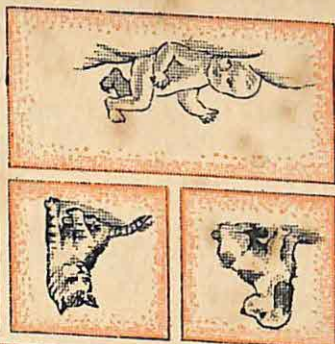
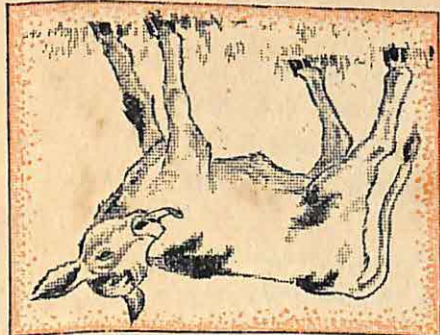
Adolph Morath



When the kitten was born it was a tiny thing, weighing only about three or four ounces. It is now larger, but it still has a lot of growing to do before it is a full-sized cat.

Baby puppies are larger than kittens, especially if they belong to a large breed such as the Saint Bernard. Newly born calves are larger still, and generally weigh seventy to eighty pounds. But the very largest of all is the baby whale. How much do you think it may weigh? Three tons!

These animals are all mammals. Mammals are warm-blooded animals and have hairs growing on



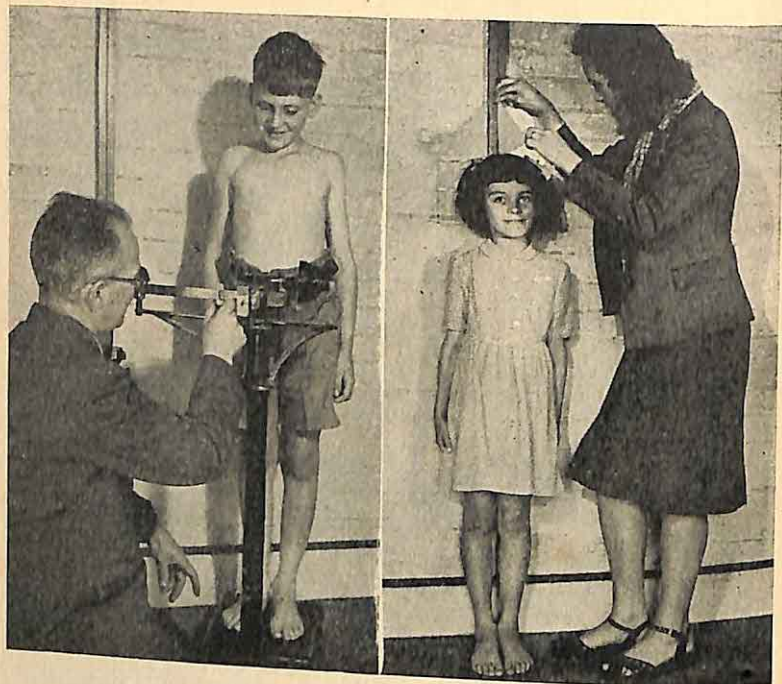


Human babies generally weigh round about seven pounds when they are born. They are very helpless, and everything has to be done for them. They grow up very slowly, and are not fully grown until they are about twenty-one years old.

It is partly because we grow so slowly that we are able to learn so much more than other animals. We can learn how to keep our bodies strong and healthy. We can learn to be honest and cheerful and helpful to others.

Animals are not the only sort of living thing. Plants are alive too, although they are very different from animals. If you sow seeds in your garden, they grow into plants. It is difficult to realise that the mighty oak tree has grown from a tiny acorn, but it has. Some trees, like the great redwoods of California, grow to be about three hundred and fifty feet high. You can realise how big this is, when you remember that Saint Paul's Cathedral is just about the same height.

Some plants grow very quickly, but others grow very slowly. Most of your garden plants grow to their full size in a few months, while a giant redwood tree takes hundreds of years. But how fine and straight and strong these great trees are!



BIGGER AND BIGGER

*Every day I'm taller,
Growing up each day ;
And with each day that passes
The more I seem to weigh.*

*Every day I'm stronger,
Strong in lung and limb—
Daddy says that very soon
I'll be as strong as him!*

Peter and Anne are in the same class. They

are both nine years old. They have grown into fine, healthy children. Their parents are very proud of them, and so are their teachers.

Peter gets weighed on the first day of every month. First of all he takes his clothes off. Why do you think he does this? Each month Peter writes down his weight on a card. This is what his card looked like after nine months :

<i>Month</i>				<i>Age</i>		<i>Weight</i>	
				<i>Years</i>	<i>Months</i>	<i>Stones</i>	<i>Pounds</i>
September	-	-	-	8	7	4	7
October	-	-	-	8	8	4	7
November	-	-	-	8	9	4	$9\frac{3}{4}$
December	-	-	-	8	10	4	$10\frac{1}{4}$
January	-	-	-	8	11	4	$10\frac{1}{2}$
February	-	-	-	9	0	4	$10\frac{1}{2}$
March	-	-	-	9	1	4	$10\frac{1}{2}$
April	-	-	-	9	2	4	$10\frac{3}{4}$
May	-	-	-	9	3	4	$11\frac{1}{2}$

Peter likes to be weighed regularly, so that he can see how heavy he is growing.

Anne likes to see how tall she is growing, so she has her height measured each month. She stands in her bare feet and draws herself up as straight as possible. Anne also keeps a record card, and on it she writes down her height each month. This is what *her* card looked like after nine months :

<i>Month</i>				<i>Age</i>		<i>Height</i>	
				Years	Months	Feet	Inches
September	-	-	-	8	8	4	2
October	-	-	-	8	9	4	2 $\frac{1}{2}$
November	-	-	-	8	10	4	2 $\frac{1}{2}$
December	-	-	-	8	11	4	2 $\frac{1}{2}$
January	-	-	-	9	0	4	3
February	-	-	-	9	1	4	3
March	-	-	-	9	2	4	3 $\frac{1}{2}$
April	-	-	-	9	3	4	3 $\frac{1}{2}$
May	-	-	-	9	4	4	3 $\frac{1}{2}$

Do you think it is a good idea to measure your weight and height each month? If you do so, you will be able to see how quickly you are growing.

Do you know what size you were when you *started* growing? You were smaller than a full stop on this page. Yes, really! Each baby begins life as a tiny egg, so small that it can hardly be seen. This egg grows for nine months inside the mother, until the baby is big enough to be born. Then, after the baby is born, the mother feeds it with her milk until it can eat other foods.

With each year that passes, we get taller and heavier and stronger, until at last we are fully grown up. Some people are naturally taller and heavier than others, but this does not matter. The important thing is that, whatever size we may be, we

should be healthy and strong. It is better to be short and healthy than to be tall and unhealthy. It is better to be light and strong than to be heavy and weak.

At Birth



9 Months



2 Years



6 Years



25 Years



18 Years



14 Years



10 Years



NEEDS FOR HEALTHY GROWTH

*The best of food, the best of drink—
We want them, we're agreed ;
Lots of sunshine, lots of air—
They're the things we need.*

*Good hard work and good hard play—
That's how we grow strong ;
And now and then a little rest—
And sleep the whole night long.*

Look at these photographs of two boys. They are both the same age, but one has grown much

bigger than the other. Why do you think this is?

The boy on the left is Tom. From the time when he was a little baby, Tom has always had the best of food. He eats wholemeal bread instead of white bread and drinks milk instead of tea. He often has eggs or fish for breakfast, and meat and vegetable salad for dinner. For tea, Tom often has cheese with his bread and butter, followed by fresh fruit. So Tom has grown up strong and healthy.

The boy on the right is Bill. He is not nearly so big as Tom. Some children are naturally bigger than others and some small children are quite healthy.

Yet, often, children are small because they do not get enough of the best foods to eat. If you have just bread and margarine for breakfast, boiled vegetables for dinner, and bread and jam for tea, you will not be very likely to grow up big and strong.

Good food builds strong bodies.

Plenty of good food is needed for healthy growth, but other things are needed, too. Young children need lots of sunshine. The sun helps to keep their skin in good health. It also helps their bones and teeth to grow firm and strong. And how happy we all feel on a sunny day!



These little children are playing in the sunshine, and their clothes have been taken off so that the sun can get to their bodies. That is a very sensible thing to do. When they have played in the sun for a little time, they will put some clothes on again, so that their skins will not get red and sore. Sunshine is very good for you—but not too much at a time.

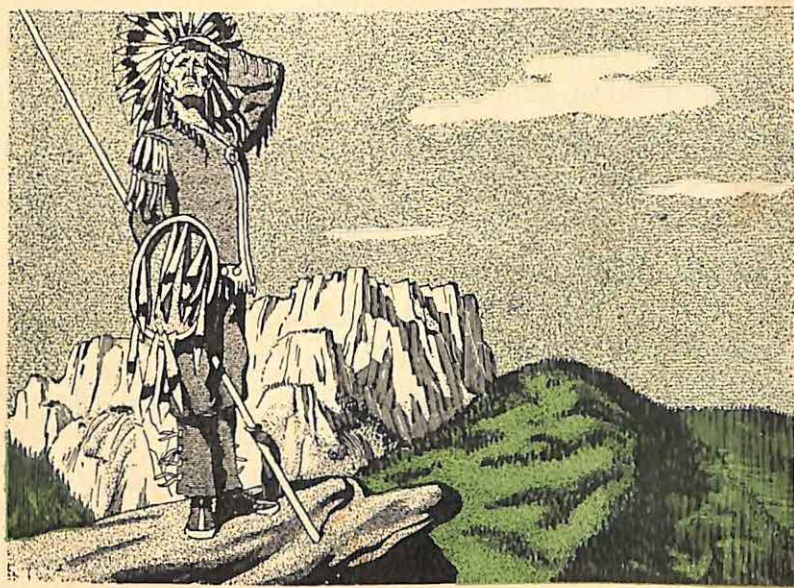
Our bodies also need exercise. If our muscles are not exercised, they will not grow strong. The more exercise we get, the better—so long as we do not get too tired. Playing games is very good for your body besides being good fun. It is also good exercise to

help your parents about the house and in the garden. Some children are very lazy. Although they live quite near to school, they go by bus instead of walking. When they reach school, they slouch in their desks instead of sitting properly. When they stand or walk, they have round shoulders instead of holding themselves straight.

How different are the American Indians!

How well they hold themselves and how lightly they walk!

How fine to grow up like them!



As well as exercise, our bodies need rest. We can rest a little by sitting down or lying down when we are tired, but the best rest of all is deep sleep. Sensible people go off to bed in time to get all the sleep they need. Yet some children do not understand why they have to go to bed early, and they make a great fuss and bother.

Mr. and Mrs. Smith had four children—Mary, John, Janet and Michael. Mary was twelve years old, John and Janet were twins aged nine, while Michael was only just three. John and Janet were playing in the garden, and their mother called them to get ready for bed.

“I don’t want to go to bed,” said Janet.

“Come along now,” said Mrs. Smith. “We don’t want to have any fuss and bother.”

Then John started crying.

“Good gracious, John!” his mother said. “What on earth are you crying for?”

“It’s not fair,” sniffed John.

“What isn’t fair?” asked Mrs. Smith.

“It isn’t fair that we have to go to bed when Mary is still out playing,” John replied.

“Oh, so that’s the trouble, is it?” his mother asked.

“Then let me tell you why you go to bed earlier than Mary.”

Then Mrs. Smith sat down with John and Janet, and explained to them. She told them that the younger people are, the more sleep they need.

“Don’t you remember when Michael was a little baby?” she asked.

“He used to sleep nearly all the time. And even now he still sleeps a lot. As you grow older, you need less sleep. When you are as old as Mary, you will be able to stay up later. But you need more sleep than she does. So off to bed you go!”

Then Janet and John said “All right, mother” and kissed her good night and went off to get ready for bed. They had a lovely long sleep, and woke up in the morning feeling bright and refreshed.

Mrs. Smith’s children are very sensible. They always sleep with the windows open unless it is very cold or rainy or windy. The fresh air helps them to keep healthy and free from colds. They know that children who sleep in stuffy rooms get colds more easily and do not feel so bright and fresh. So, even in winter, they have their windows open as much as possible.

Do you generally sleep with your bedroom window open?

Or are you one of those silly children who keep all windows closed?

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TRY THESE PROBLEMS

ANSWER THESE QUESTIONS

1. Why is it best to get weighed without any clothes on?
2. What can you do to help your bones and teeth to grow firm and strong?
3. Why should children go to bed earlier than adults?
4. Why is it good to get plenty of sunshine?

Is THIS TRUE OR UNTRUE?

1. A mammal is a cold-blooded animal.
2. A mammal has hair on its body.
3. You should always go to school by bus.
4. Bedroom windows should always be kept closed.

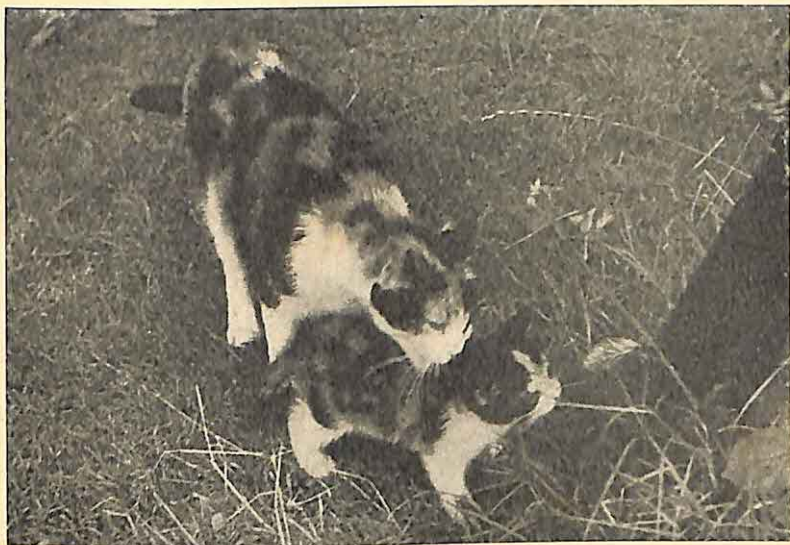
WHAT ARE THE MISSING WORDS?

1. A baby mammal grows the mother's body.
2. Wholemeal bread is than white bread.
3. Too much causes headaches and burnt skin.
4. You should not in your desk.

WHICH IS THE RIGHT WORD?

1. The first food of mammals is (*grass, milk, meat*).
2. Compared with other animals, humans grow up (*slowly, quickly*).
3. It is very important that we should be (*tall, heavy, healthy*).
4. The best drink for children is (*milk, tea, coffee*).

2. KEEPING CLEAN



CLEAN ALL OVER

*" Bath time, Billy! " mother cried,
" And then to bed and rest " ;
Straightway Billy went inside
And quickly got undressed.*

*" I'll scrub in water warm," he said,
" Away the dirt will fly ;
Then I'll splash with water cold
And rub myself quite dry."*

Have you ever noticed how a cat washes its kittens?

It licks them carefully all over and makes them nice and clean. Then, when the kittens get older, they lick themselves clean and their mother need not bother with them. Other animals also keep themselves clean. You have probably seen sparrows having a dust bath—that is *their* way of cleaning themselves.

When you were very small you could not wash yourself. Your mother or father or older brothers and sisters had to wash and dry you. By the time that you were four or five years old, you could wash your own hands and arms, but your parents still had to help you a good deal. Now that you are growing older, you are able to keep yourself clean. Your parents will still help you when you need their help ; but most of the time you should be able to manage by yourself.

There were once two friends called Tom and Harry. Tom did not keep himself at all clean and tidy. His face and hands and ears were always dirty and his clothes were always crumpled. Harry tried to keep himself smart and clean. He washed himself well before meals and before he went to bed, and looked after his clothes carefully.

Who do you think looks the better, Harry or Tom?

Tom always feels hot and sticky because he is so dirty.

Harry always feels fresh and bright because he is clean.

Of course, Harry gets dirty at times. Everyone does when playing games or climbing trees or lighting camp fires or working in the garden. This does not matter at all, so long as we make ourselves clean again afterwards. Soap and warm water will do the trick—and make sure that you go into all the corners and do not leave any “ tide marks ”.





John and Helen were brother and sister. One day they went to the seaside with their parents. They had a fine time, digging in the sand and swimming and playing in the sandhills. When they arrived home, they were happy but *very* tired and dirty.

"I do feel sticky," said Helen.

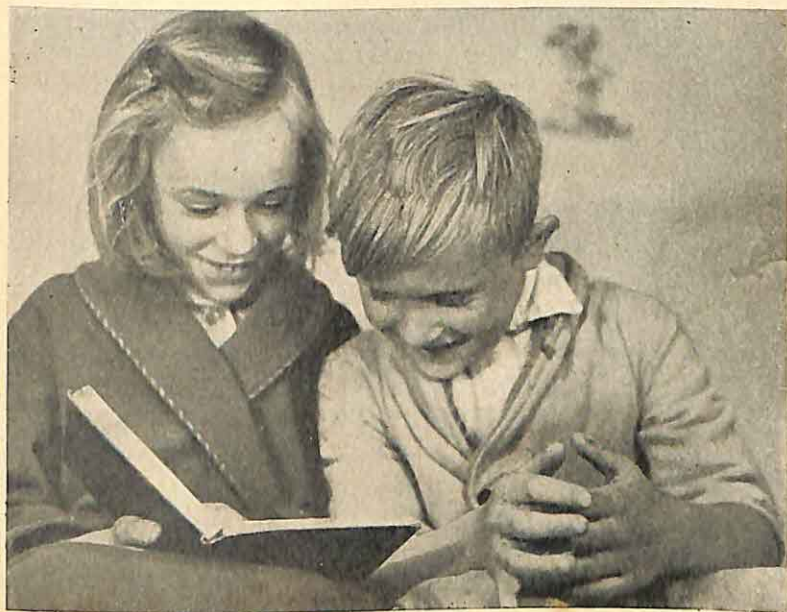
"So do I," said John.

"What you both need", their mother said, "is a good warm bath. Then you'll feel better."

So Helen and John each had a quick warm bath. Then they splashed themselves with cold water and

gave themselves a good brisk rub with a towel. They felt glowing and clean and fresh—and not nearly so tired. Then they had a little supper and went to bed.

Do you know why you feel so much fresher after a bath? It is because, as well as removing dirt, washing gets rid of the sweat from your skin. The skin makes sweat when you get hot and, if it is not washed off, it gives you that horrible “sticky” feeling. So, when you feel hot and sticky, the thing to do is to have a good wash or bath.





CLEAN HANDS

*Hands are meant for working,
Hands are meant for play—
Hands are used a hundred times
On every single day.*

*Hands get very dirty,
As everyone can tell—
So don't forget, before you eat,
Be sure to wash them well.*

Here are two pairs of hands. The pair on the left is grubby ; the pair on the right is clean. Which pair are your hands like? Look at them and see.

If they look like the pair on the left, they need a good scrub. If they look like the pair on the right, you can be proud of them.

The clean hands belong to Susan. She always washes her hands well before she eats a meal or handles food and after she has been to the lavatory. Susan knows that even when hands *look* clean they may not be *quite* clean. There may be some germs on the skin.

Germs are sometimes called “microbes” and scientists call them “bacteria”. They are very tiny



living things—far too small to be seen with the naked eye. Susan is looking at some germs through a microscope, which makes them look larger.

These germs came from a speck of dirt on Susan's hands. Did you know that so many germs could live in a speck of dirt? Susan knows that some germs make people ill, so she always washes her hands very carefully. First she lathers them with soap and then she rubs them well together. If they are very dirty, she scrubs them with a brush. When they are washed really clean, she rinses them in clean water and then dries them. So Susan knows that when she eats her food, she will not be eating disease germs as well.

When she washes her hands, Susan cleans her nails also. She has a special stiff nail brush and rubs some soap on it. Then she scrubs along the tops of the nails of her left hand. When they are clean, she puts the brush into her left hand and scrubs the nails of her right hand.

Every week or so, Susan cuts her nails. She keeps them short so that they do not collect dirt. She cuts them round, like the ends of her fingers. When Susan cuts her toe nails, she cuts them straight across, so that they will not grow into the flesh.



The dirty hands belong to Jean. She does not wash them properly and she does not clean her nails. When she eats food, she eats germs as well. Who do you think is the more likely to get ill, Susan or Jean?

Jean does not cut her nails with proper nail scissors as Susan does. She bites them. So her nails do not look nearly so smart. Do you want your hands and nails to look like Jean's or like Susan's?



CLEAN HAIR

*Brush, brush, brush your hair,
Brush it twice a day ;
Brush it well, brush it hard—
That's the proper way.*

*Brush it as you sing a song,
Make it neat and tidy ;
Don't forget to comb it well—
And wash it every Friday!*

What a lovely white lather George has on his hair! When he has finished washing it, his hair will be fresh and clean. He is showing his mother how well he washes it.

“First I run plenty of warm water into the basin,” he says.

“Then I put the soap handy and place my towel near by.”

“Good!” says his mother. “Now let me see what you do next.”

What do you think George does next? He wets his hair well with warm water and puts some soap on it. Then he rubs the soap well in and makes a lovely lather.

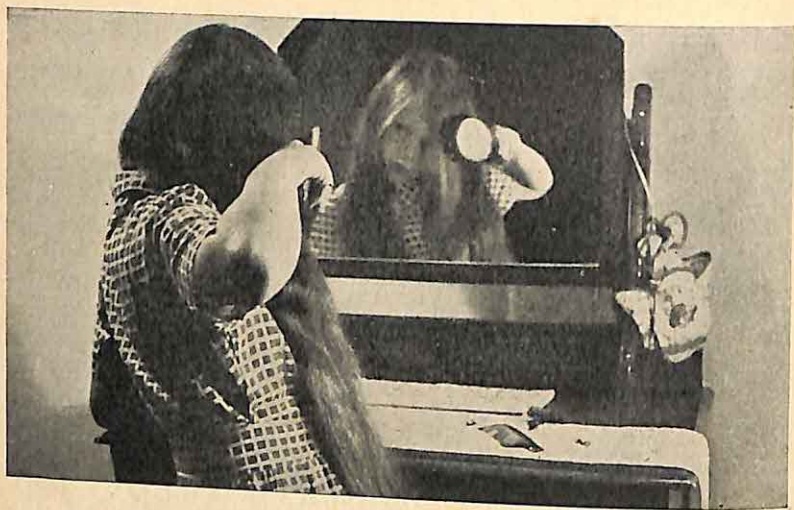
When he has rubbed his hair well, he rinses it. The dirt and oil have come off his hair into the soap suds, so he rinses his hair several times with clean warm water to get rid of all the soap.

While George is rinsing his hair, he keeps his eyes closed, so that soap does not get into them.

As soon as his hair is rinsed, George dries it well with the towel. If the weather is warm and sunny, he then goes out into the garden to let it dry off properly. In cold or wet weather, he lets it finish drying in a warm room. George never sits around or goes to bed with wet hair, because he knows that that might give him a cold.

George has a sister called Greta. Her hair looks bright and shiny and feels beautifully soft.

One day one of her friends asked her “How do you keep your hair so smooth and soft?”



"I comb it and brush it well," Greta replied.

"How often do you brush it?" her friend asked.

"Well," said Greta, "that depends. But I always brush it after getting washed in the morning and before going to bed at night."

"I see," her friend said. "Do you think that if I were to comb and brush my hair each morning and night, it would get smooth and shiny like yours?"

"I should think so," answered Greta. "But make sure that you brush it really *well*. One or two tiny strokes are no use. You must give it a really good brushing."

"All right," said her friend, "I will. I should like my hair to be like yours."

One day the teacher at George's and Greta's school was telling the children about keeping their hair clean.

"You would not like to have lice, would you?" she asked them.

"What are lice?" one of the children asked.

"I will show you," the teacher said.

Then she let them look one by one down a microscope.

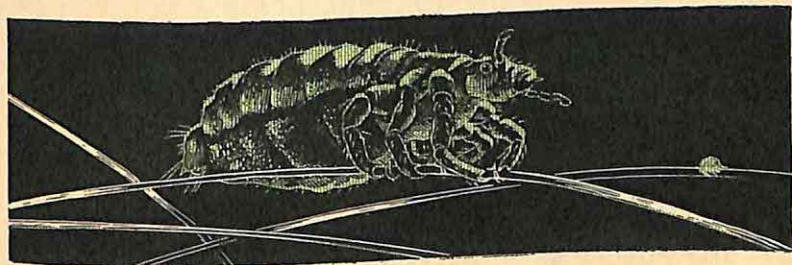
"Do you see that thick black line?" she asked.

"That is a hair from the head of a very dirty child. And clinging to the hair you can see a little animal with six legs. These little animals are called 'lice' and they find a home on the heads of people who do not keep their hair clean."

"I don't want lice in *my* hair," said Greta.

"Neither do I," said George.

"Neither do we," said the other children, "so we shall keep our heads really clean."





CLEAN TEETH

*Larrie was a lazy lad,
Who never cleaned his teeth ;
And, sad to say, a tooth went bad
On top and underneath.*

*It gave him dreadful aches and pains,
Which nearly drove him crazy ;
And then he had to have it out—
All for being lazy!*

Are your teeth like Terry's and Pat's? They have beautiful teeth, all white and bright. Their teeth

are strong and healthy, so they do not have nasty toothaches.

Have you ever run the tip of your tongue over your teeth after cleaning them? It is a lovely smooth feeling. And what a fine fresh taste there is in your mouth after cleaning your teeth!

When visitors come to Pat's and Terry's house they say "What beautiful teeth you have!"

One day Mrs. Smith came to see them, and after tea she said how nice their teeth looked.

"How do you keep your teeth so lovely and healthy?" she asked.

"Well," said Terry, "we drink lots of milk. Milk is very good for teeth, mummy says."

"And what's more, it tastes good!" added Pat.

"But how do you make sure that food does not stick between your teeth and go bad?" Mrs. Smith asked.

"That's easy," said Pat. "We eat a piece of apple at the end of a meal and that leaves the teeth clean."

"And if there is no apple," added Terry, "we eat a piece of raw carrot or something crisp like that."

"Do you do anything else?" asked Mrs. Smith.

"Yes," said Pat. "We clean them when we get up in the morning and before we go to bed at night."

"I see," said Mrs. Smith. "You certainly know how to look after your teeth properly. Well, I must go now."

Then she took two sweets out of her bag and gave one to Terry and one to Pat.

"These are for you to suck when you go to bed tonight," she said.

"Thank you," said Terry. "Do you mind if I have the sweet before I clean my teeth?"

"Thank you, Mrs. Smith," said Pat. "May I eat mine before I clean my teeth, as well? Then there won't be any of the sweet left to go bad during the night."

"Certainly, my dears," said Mrs. Smith. "It was very silly of me to say that you should suck them in bed. I wish that I had known how to look after my teeth properly when I was a girl. Then perhaps I should still have had strong teeth now, instead of having to wear false teeth."

Then Mrs. Smith said good night and Terry and Pat got ready for bed.

A few weeks later they went to see their friend the dentist.

"Good morning!" she said. "I am glad you have come to see me. I wish that all girls and boys came each six months as you do. I could save them

a lot of toothache. Now which of you am I to look at first? ”

“ I’m first! ” said Pat, and sat in the dentist’s chair.

“ Open your mouth please,” said the dentist, “ and let me have a look.”

Then she examined Pat’s teeth and scraped them very carefully. Dentists have special tools for scraping teeth clean without damaging them. But people should never scrape their own teeth, for they might scratch them.



"That is all you need," the dentist said. "Now let me have a look at Terry's teeth."

So Terry climbed into the chair and opened his mouth.

"One of your teeth is very loose," the dentist said. "I think I had better pull it out."

"Oh no!" said Terry. "What shall I eat with if you pull a tooth out?"

The dentist laughed. "You needn't worry," she said. "It is one of your baby teeth. It is working loose now because there is another tooth growing underneath it and waiting to take its place."

"Will it hurt much?" asked Terry.

"Only a very little," said the dentist.

She always told the children if she was going to hurt them a little, so they were never frightened.

"Here it comes!" she said, and pulled the tooth out.

"Now, just wash your mouth out," the dentist said, "and that will be all for today."

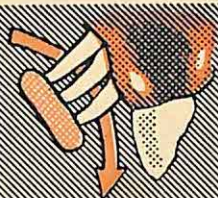
"Thank you," said Terry. "It didn't hurt much."

"Goodbye," said Pat. "We shall come back to see you again in six month's time."

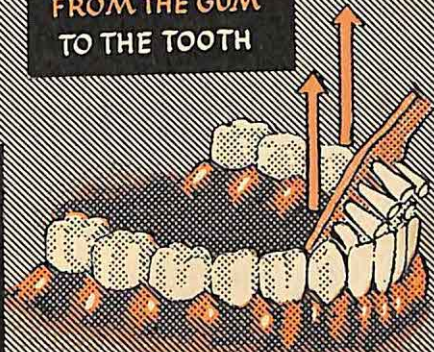
"Goodbye," said the dentist. "I shall look forward to seeing you again."



When you brush
your teeth & gums
ALWAYS BRUSH
FROM THE GUM
TO THE TOOTH



remember
to do the
inside as
well as the
outside



and don't
forget the
teeth at the
BACK

**HOW TO BRUSH YOUR
TEETH & GUMS**

CLEAN HABITS

*"Oh dear, I think I'm going to sneeze,"
Said silly Billy Binks—
And scattered germs across the room,
For Billy never thinks.*

*"You can't help sneezing, Billy boy,"
Said Grandpa, "But I'll thank'ee
To keep your germs all to yourself,
And sneeze into your hankie."*

A-tish-oo! A-tish-oo!

What a sneeze Nora is having!
She has not gone to school today, because she has a cold. If she went to school she might pass on the cold to the other children. It is a warm, sunny day, so she is playing out in the garden.

Now Nora can feel another sneeze coming! As quick as she can, she gets out her handkerchief and holds it over her mouth and nose.

A-tish-oo!

Yes, she was just in time. Her sneeze went into her handkerchief instead of into the air. Nora knows that COUGHS AND SNEEZES SPREAD DISEASES—so she always keeps her coughs and sneezes to herself. Two days later she went back to school.



“ Why have you been away? ” her teacher asked.

“ I had a cold,” said Nora, “ and I didn’t want to give it to anyone else.”

“ That was very wise,” said the teacher. “ When people cough or sneeze, they send germs out into the air.”

“ What are germs? ” asked one of the children.

“ Germs are little plants,” said the teacher.
“ They are sometimes called ‘microbes’ or ‘bacteria’.
Some germs make people ill.”

Then she went to a cupboard and took out a little glass dish with a sort of jelly in it.

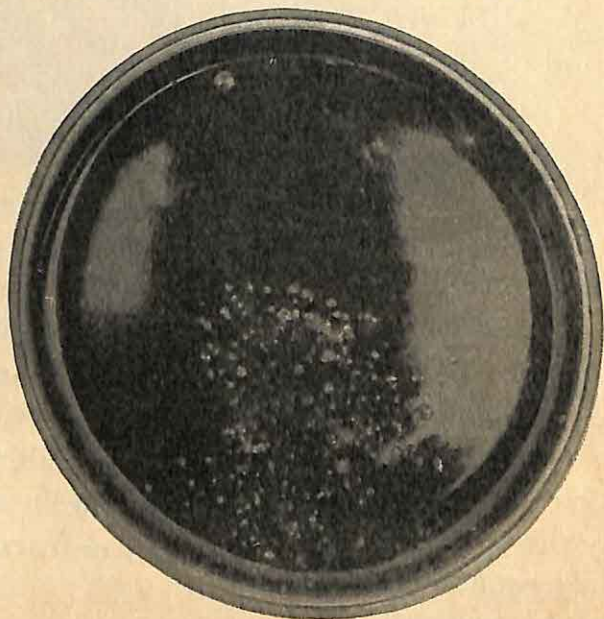
"Come here, Nora," she said. "I want you to cough into this jelly."

So Nora coughed into the jelly, and the teacher put a lid over it.

"Did anybody *see* any germs come out of Nora's mouth?" she asked the class.

Nobody had seen any.

"No, they are too small for you to see," the teacher said. "But germs *did* come out."



"How do you know they did?" asked Nora.

"I shall show you," said the teacher. "But you will have to wait until next week."

Then she put the glass dish back into the cupboard, near some warm pipes.

A week later the teacher took the dish out again and took the lid off. "Look, children," she said. "Look at those little patches on the jelly. What do you think they are?"

"Are they germs?" asked Nora.

"Yes," said the teacher. "The germs that you coughed out of your mouth a week ago have grown and multiplied. Now there are so many of them that you can see them, although they are so small."

"Good gracious," said Nora, "it is a good job I kept my coughs and sneezes to myself!"

"Yes," said her friend Robert, "*we* don't want your germs!"

The next week Nora took Robert home to have tea with her.

"This is the bathroom," she said. "You can wash your hands here. This yellow towel is for you. Don't use the pink towel, because that is mine."

When Robert had washed his hands, Nora went to wash hers.

"Robert!" she called. "Look at this wash basin! You have left it all dirty."

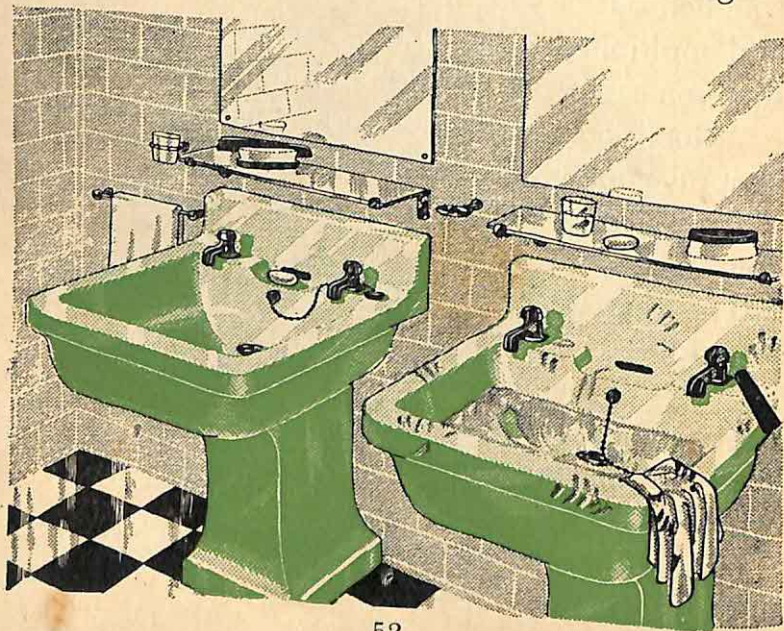
"I'm sorry, Nora," he said. "I will make it clean straight away."

Then Robert swilled round the basin with warm water, until it was quite clean.

"There you are," he said.

"Thank you," said Nora. "I shall clean it after I have finished as well. Then it will be clean for daddy when he comes in from work."

How do you leave the basin after you have washed? Like the basin on the left or the basin on the right?



TRY THESE PROBLEMS

ANSWER THESE QUESTIONS

1. Why do you feel so much fresher after having a bath?
2. Why should you towel yourself briskly after having a bath?
3. Why should you clean your teeth every morning and night?
4. Why should you stay away from school if you have a cold?

Is THIS TRUE OR UNTRUE?

1. Sensible children *never* get dirty.
2. The best way to keep finger nails short is to bite them.
3. The best time to eat a sweet is just before going to bed.
4. Hair should be well combed and brushed at least twice a day.

WHAT ARE THE MISSING WORDS?

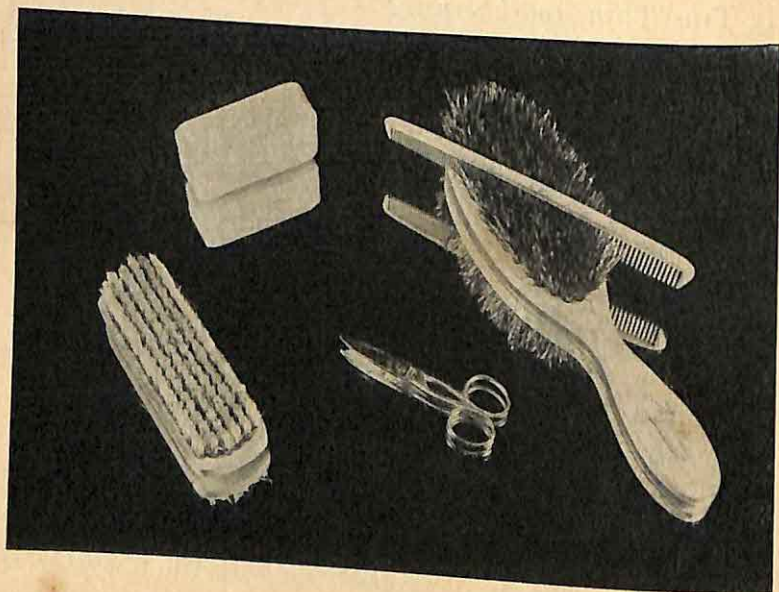
1. You should always wash your hands before touching and after going to the
2. When washing your hands you should also clean your with a stiff brush.
3. It is a good thing to finish each meal by eating an or a
4. Germs are too to be seen with the naked eye.

Do You Do This?

1. Dry yourself well after having a bath?
2. Rinse your hair well after washing it?
3. Go to the dentist every six months?
4. Leave the hand-bowl clean after you have used it?

THINGS TO DO

1. Ask your teacher to show you some germs through a microscope.
2. Find out all you can about bacteria.
3. Every time you brush your hair, sing a song you know, and keep on brushing until the song is finished.
4. Make a scrapbook about TEETH. You will be able to get cuttings from newspapers, magazines etc.



3. YOU AND YOUR FOOD

WHY WE NEED FOOD

*We need our food to keep us warm,
To let us run about,
To walk and hop and skip and jump
And talk and sing and shout.*

*We need our food to build our bones,
Our flesh, our hands, our knees ;
We need our food to keep us well
And guard us from disease.*

“ Dearie me! ” said Mrs. Smith. “ I seem always to be preparing food. Those children of mine have such appetites! ”

Have you ever heard a mother say something like that? Why do you think children need food?

One reason is that *food gives us energy.*

We need food to give us energy to keep warm, just as a fire needs coal. Do you have a bigger appetite on a very cold day or on a very hot day? Why do you think this is?

We also need food to give us energy to move about, just as a motor-car needs petrol. Do you

have a bigger appetite after playing games or after sitting still? Why do you think this is?

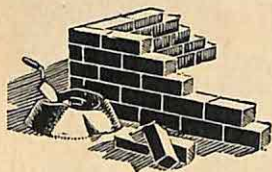
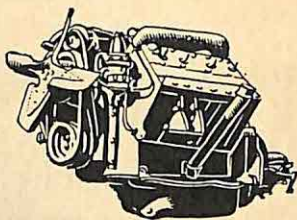
A second reason is that *food builds up our bodies.*

Our flesh and bones are built up from food. Our blood is built up from food. Every part of us is built up from food.

A third reason is that *food protects us from disease.*

If we do not eat the right foods, we are more likely to catch colds and to be ill in other ways.

ENERGY FOODS



BODY-
BUILDING
FOODS



PROTECTIVE FOODS



So there are three main sorts of food :

Energy foods.

Body-building foods.

Protective foods.

Two very good energy foods are *bread* and *potatoes*.

Two very good body-building foods are *meat* and *cheese*.

Two very good protective foods are fresh *fruit* and *vegetables*.

The best food of all is milk. Milk is an energy food *and* a body-building food *and* a protective food.

WHAT HAPPENS TO OUR FOOD

*I have a sorry tale to tell
Of a girl called Gertie Gumps ;
Who never chewed her food up well,
But swallowed great big lumps.*

*Her stomach never got a chance,
And wracked poor Gert with pain—
Which made her vow she'd never, never
Swallow lumps again.*

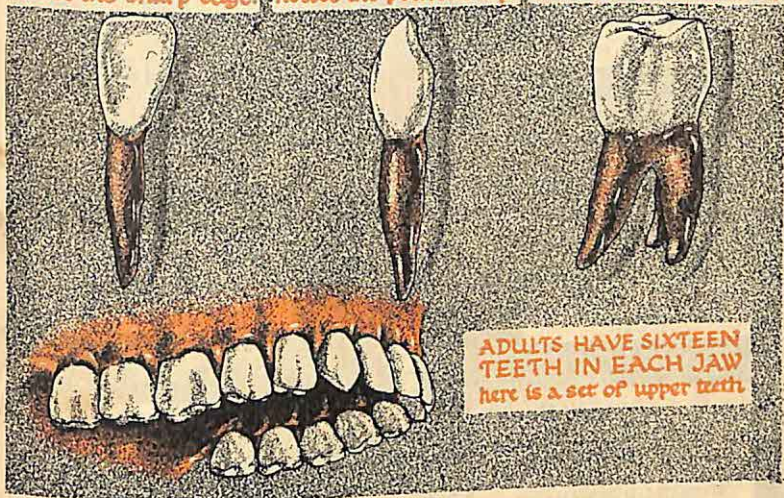
Do you know what happens to your food after you eat it? Before our bodies can use food, it has to be very much altered.

First, the food must be *chewed* well so as to break it up into small pieces. That is why we need strong healthy teeth.

Our first set of teeth grows while we are babies. There are twenty of these baby teeth. As we grow older, a second set of teeth begins to come, and the baby teeth get loose and come out. By the time we are grown up, we have thirty-two teeth. The second set of teeth should last us all our lives, so they need looking after *extra* carefully.

Our front teeth have sharp edges like knives. These are cutting teeth. At each side of the cutting

This is a cutting tooth, notice the sharp edge. This is a tearing tooth, notice the pointed top. This is a grinding tooth, notice the flattened top.



teeth are some rather pointed teeth. These are tearing teeth. At the backs of the jaws are some fairly flat teeth. These are grinding teeth.

After the food has been chewed, it must be *digested*. This means that it must be changed into sugars and other things that will pass right into the body.

In the mouth the food is mixed with saliva, which begins to digest it. It then passes down a tube called the "gullet" into the stomach. In the stomach it is digested a bit more. The food then passes into a long tube called the "small intestine". In the small intestine, the digestion of the food is completed.

Food is chewed well
by the **TEETH**

The food passes down
the **GULLET**

In the **SMALL INTESTINE**
digestion is completed and
part of the food is absorbed
into the bloodstream

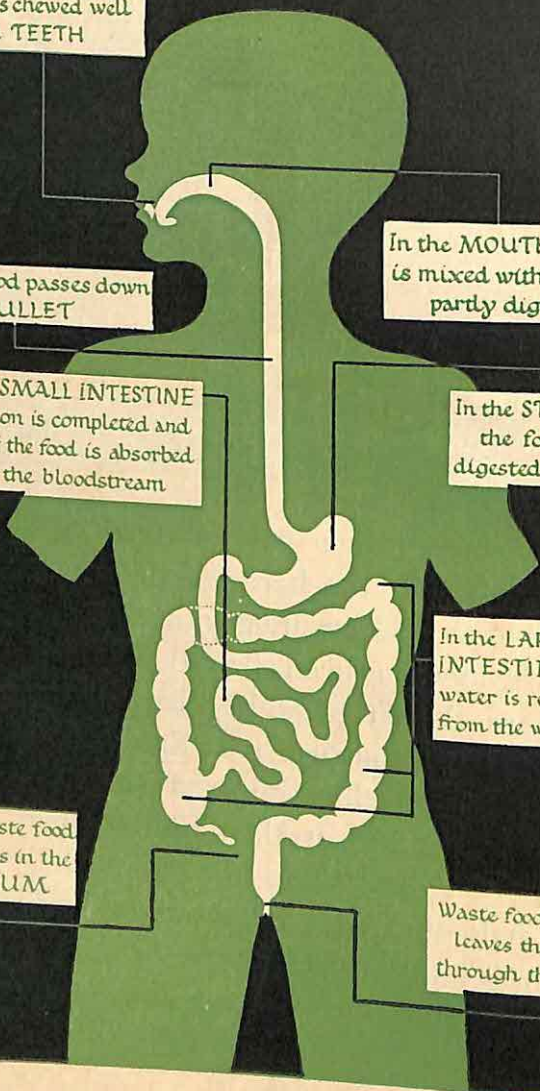
The waste food
collects in the
RECTUM

In the **MOUTH** the food
is mixed with saliva &
partly digested

In the **STOMACH**
the food is
digested further

In the **LARGE
INTESTINE**
water is removed
from the waste food

Waste food finally
leaves the body
through the **ANUS**



Part of the digested food in the small intestine is then *absorbed* into the blood stream and carried by the blood all over the body. It goes to your head and your feet, your arms and your legs, your nose and your toes. In fact, it goes to every single part of your body. The different parts of the body take from the blood whatever foods they need for body-building, for energy and for protection from disease.

The part of the digested food which is not absorbed into the blood stream is waste. This waste food passes into another tube called the "large intestine", where water is removed from it. The waste food then passes into the lower end of the large intestine, which is called the "rectum". From here, it leaves the body through an opening called the "anus". This passing out of the useless remains of food is called *voiding* or "having a motion."

Roger is a very sensible boy. He always chews his food well, so that it can be digested easily. So he never has indigestion.

He goes to the lavatory every morning after breakfast and waits until he has voided the waste food remains. So he is never constipated.

Are you like Roger?

Do you chew your food well?

Do you go to the lavatory every morning?



BREAD

*The Lion and the Unicorn
Were eating loaves of bread ;
" I like white," said Unicorn.
" Mine's brown," the Lion said.*

*The Lion and the Unicorn
Were fighting for the crown ;
And why d'you think the lion won?—
Because his bread was brown!*

Do you know how bread is made? It is made from
flour, and flour is made from wheat.
One day Victor's class went out into the country

for a picnic. They walked carefully down by the side of a field of wheat. It was a sunny day and the wheat looked like bright gold.

"Can you eat wheat?" asked Victor.

"You can eat part of it," said the teacher.

"Look!"

He took one or two ears of wheat between his hands and rubbed them together. Then he blew gently and some pale brown things flew into the air.

"That is the chaff," the teacher said. "Each wheat seed has an outside coat. I have rubbed the coats off and blown them away. Now just the insides of the wheat grains are left. Here is one seed for each of you. Chew it slowly and see if you like it."

Victor put his seed into his mouth and chewed it.

"I like it," he said. "Is this what flour is made of?"

"Yes," said the teacher. "The miller grinds the wheat and makes flour from it. Then the flour is made into bread."

"Why is flour white?" asked Victor.

"Because the miller takes away part of the seed," his teacher told him. "Part of the seed is called the 'germ'. Wholemeal flour has the germ in it, but white flour does not have it. The germ is a protective food and helps to keep your nerves healthy."

"I thought germs made you ill," said Victor.

"Oh, that is a different sort of germ," his teacher explained. "The germ of wheat is not like that at all. The word 'germ' has two different meanings. Wheat germ is good for you."

"We always have wholemeal bread at home," Victor said.

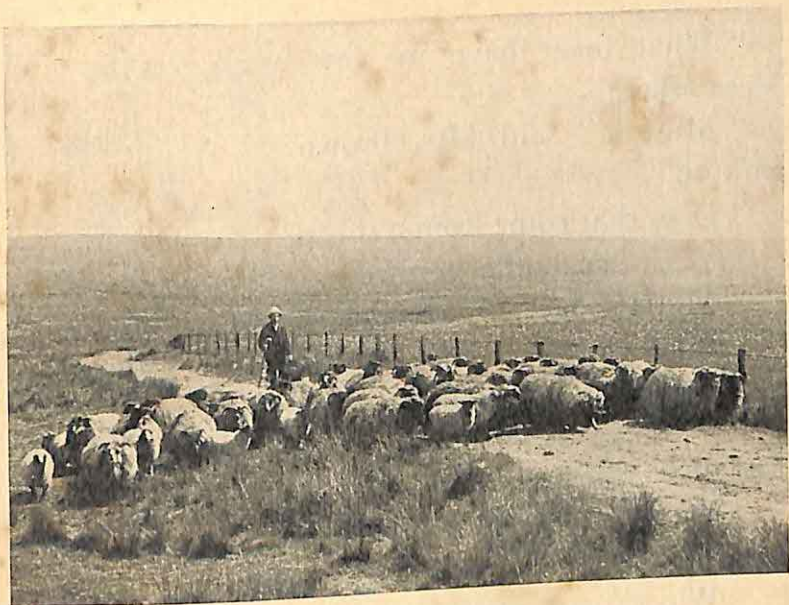
"I'm glad to hear it," said his teacher. "White bread is an energy food, but wholemeal bread is a protective food as well. So wholemeal bread is much better than white bread. But now it is time that we all went home."

So off home they went, after a happy day in the country.

HERE IS A
SECTION
THROUGH
A GRAIN
OF WHEAT
(magnified)



THIS IS THE
"GERM"
WHICH HELPS
TO KEEP US
HEALTHY



MEAT

*Jack Spratt would eat no fat,
His wife would eat no lean ;
A sillier couple than those two,
I've really never seen.*

*Pam and Pete eat all their meat,
As healthy children do ;
Beef or mutton, lamb or pork,
They eat it up—do you?*

One Sunday morning Vera was helping her mother to cook the dinner.

"What meat have we this week, Mummy?" Vera asked.

"Mutton," said Mrs. Brown. "A fine leg of mutton."

"Does that come from a sheep?" asked Vera.

"Yes," her mother replied.

"Mutton and lamb come from sheep."

"Beef comes from cows."

"Pork and ham come from pigs."

"Meat is very good food. It builds up your body and gives you strong muscles."

Then Mrs. Brown took the gauze cover off the mutton and put the joint in the oven.

"Why do you always cover up the meat?" asked Vera.

"To stop flies getting on it," her mother replied.

"Well, what harm would flies do?" Vera asked.

"Good gracious!" said Mrs. Brown. "Don't you know? Flies lay their eggs on meat and the eggs grow into grubs. Besides, flies are dirty animals."

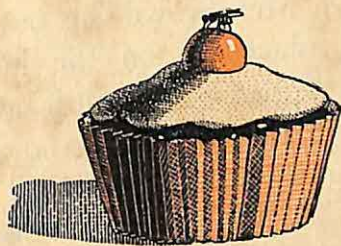
"Dirty?" asked Vera. "Why are they dirty? They don't look dirty."

"They may not *look* dirty," said her mother, "but they *are* dirty. They have tiny disease germs on them, too small for you to see."

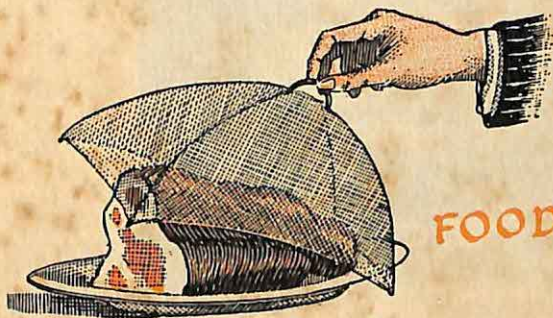


FLIES COLLECT
GERMS FROM
REFUSE

THEN PASS
THE GERMS
ON TO FOOD



SO SENSIBLE PEOPLE



KEEP
THEIR
FOOD COVERED

"Oh!" said Vera. "I understand. But how do they get disease germs on them?"

"Have you ever seen flies buzzing around manure?" her mother asked. "Or buzzing around the dust bin? That is where they pick up the germs. Then, after they've been in the dust bin, they come on to the meat, and bring their germs with them. That's why I always cover up the meat."

The next Saturday, when the butcher's boy arrived, Mrs. Brown was out. Vera took the meat in and placed it on the kitchen table. Then she unwrapped it and put it on a clean plate.

What do you think she did next? She took down the gauze cover and placed it carefully over the meat.

"We don't want flies on *our* meat," she said.



INSTITUTE OF EXTENSION SERVICE. CALCUTTA-27 * NEW
FRUIT AND VEGETABLES

*"Oranges and lemons,"
Said the bells of St. Clement's ;
"They'll keep you quite healthy,"
Said the bells from the belfry.*

*"Cabbage and carrot,"
Said the bells from the garret ;
"They're good for all childer,"
Said the bells of St. Hilda.*

"Come along children," said Mrs. Thomas, "it's time for tea. So run along and wash your hands and then we'll start."

Very soon Jane and her three brothers were sitting up at the table.

"Hurrah!" said Jane. "A lovely green salad. I do like salads."

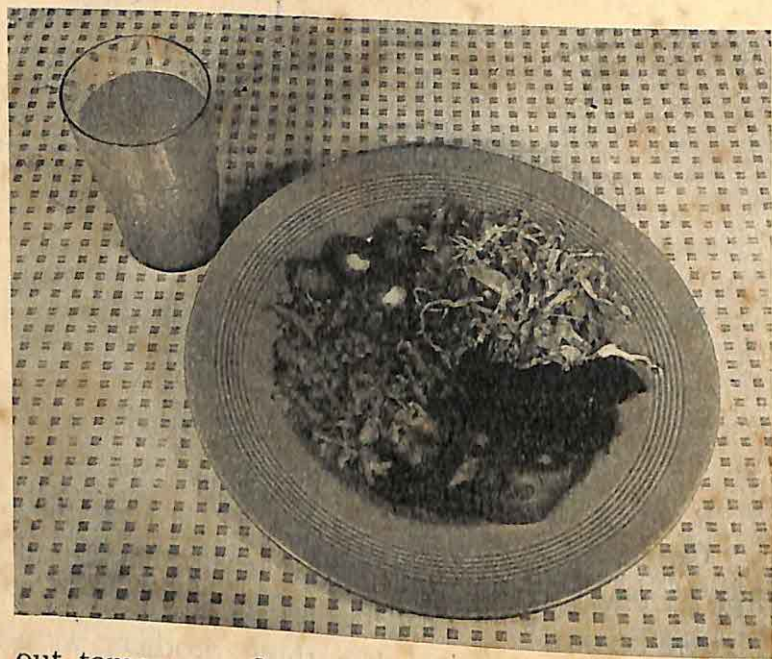
"So do we," said her brothers.

"So do I," said Mrs. Thomas. "Vegetable salads are very tasty and they are very good for you. That is why I give you them so often."

"Why are they good for you?" asked Jane.

"Because they protect you from disease," her mother replied. "Fresh fruit does, too."

After tea, Mrs. Thomas said "I shall be going



out tomorrow afternoon. Do you think you four children could get your own tea ready? ”

“ Of course we can, mummy,” they replied. “ We shall make a big salad for ourselves, and a smaller one ready for you when you come home.”

What a fine salad they made! First they shredded some fresh brussels sprouts, then they sliced some tomatoes and then they grated some carrots. Next they put one or two bright red radishes on top and, last of all, they added a few raisins. And to drink, they had orange juice. What a grand meal it was! And how pleased Mrs.

Thomas was when she came home and found *her* salad!

The next day Jane went out with her friend John from next door. They each had twopence to spend.

"I'm going to buy a lollipop," said Jane.

"I'm going to buy a juicy orange," said John.

Which do you think is better for you, a lollipop or an orange? Who was the wiser, John or Jane?





MILK

*Higgoty, piggoty, my cow Dreamy,
She gives milk that's rich and creamy ;
How I love it! Yes, I think
I'll get a glass and have a drink.*

*Higgoty, piggoty, my cow Dreamy,
She gives milk that's rich and creamy ;
After tea at half-past-four,
I'll get a glass and drink some more.*

Have you ever seen the advertisements that say
"Beer is good for you"? That is not true. Beer is
not good for you. Tea is not very good, either.
Neither is coffee. The best drink of all is *milk*.

What a lovely white liquid milk is! How good it tastes!

Most of our milk comes from cows. A good farmer keeps a healthy herd and looks after it well. The cows are milked in a clean place, by people with clean hands or by clean machinery. The milk comes out of the cows' teats into clean buckets or tanks. Then it is kept cool and placed in bottles.

Many milk bottles have the word *pasteurised* printed on them. Do you know what "pasteurised" means?

Pasteurised milk is milk that has been heated to kill any disease germs that might be in it. Do you think it is a good idea to pasteurise milk? Do you have pasteurised milk at home?

It is not only cows that make milk. Sheep do as well, and so do goats. When she has kittens, a cat makes milk. When she has puppies, a bitch makes milk. Milk is the natural food for babies.

When a woman has a baby, she makes milk also. The milk is made in her breasts, and the baby sucks it out through the nipples. Usually a mother loves to feed her baby with milk from her breasts.

As the baby grows older, it gradually learns to take other foods. This is called "weaning". But even when we are quite grown up, cows' milk is still

very good for us. Many of the strongest men and women drink a lot of milk.

Winnie is very fond of milk. She always drinks the milk she gets at school. At home, she has milk to drink with nearly all her meals. And what a fine, healthy girl she looks!

One day Winnie was talking to the dairyman.

"Mummy wants four pints, please," she said, "and half a pound of butter."

She took the milk and butter in and placed them in the cool pantry. Then she spoke to the milkman again.

"Do you make the butter from milk?" she asked.





"Yes," the milkman said. "Butter is made from milk. Cheese is made from milk, too. So are blancmange and custard."

"I see," said Winnie. "Then are butter and cheese and blancmange and custard good for you, as well as milk?"

"Indeed they are," said the milkman. "So be sure to eat your fair share of them."

PLANNING YOUR MEALS

*"I want energy," the young lad said,
Then eat potatoes and eat bread ;
"I want muscles, if you please,"
Then eat your meat and eat your cheese.*

*"I don't want colds the winter through,"
Then fruit and salad are the things for you ;
"I don't want teeth that soon go bad,"
Then drink up lots of milk, my lad!*

One morning Philip woke up very early.

"Pauline!" he said to his sister. "Let's give mummy and daddy a surprise, shall we?"

"What sort of a surprise?" asked Pauline.

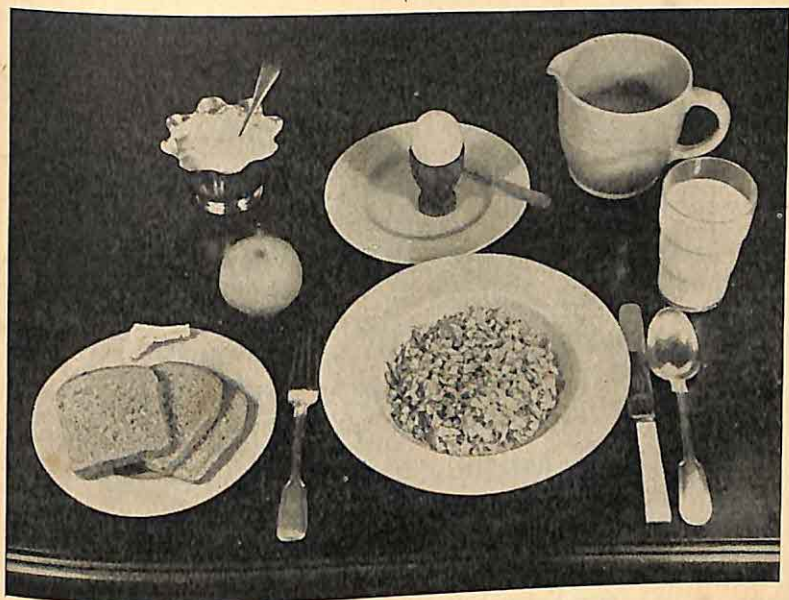
"We'll get breakfast ready all by ourselves," said Philip. "Then what a surprise mum and dad will have when they come down! What do you think?"

"That's a fine idea," said Pauline.

So they stole quietly downstairs into the kitchen. They opened the pantry and decided what they would have for breakfast.

"We'll start off with cereal," said Philip. "That's a good energy food."

"And then we'll have boiled eggs," said Pauline. "Eggs are good body-building food."



“And to finish breakfast we’ll each have an orange,” decided Philip. “Fruit is a protective food.”

“That’s fine,” Pauline said. “Now we have all three sorts of food, so it will be a good breakfast.”

“Yes,” said Philip, “and if we have wholemeal bread, that will give us more energy and more protection.”

“Good!” said Pauline. “And we shall have milk on our cereal, and a glass of milk to drink and butter on our bread. Then we shall have plenty of protective foods.”

So, as quietly as little mice, Philip and Pauline got the breakfast ready. They laid the table neatly, and then called upstairs to their parents.

When Mr. and Mrs. Robinson came downstairs, they *were* surprised.

“Goodness gracious!” said Mrs. Robinson. “The breakfast is all ready.”

“Bless my soul!” said Mr. Robinson. “Pauline and Philip must have got it ready all by themselves. And what a fine breakfast it is! They must have planned it very carefully.”

TRY THESE PROBLEMS

ANSWER THESE QUESTIONS

1. What are the three reasons why we need food?
2. Why should food be well chewed before it is swallowed?
3. Why should you go to the lavatory regularly?
4. Why should all milk be pasteurised?

WHAT ARE THE MISSING WORDS?

1. Food is digested in the and the and the
2. Food is carried all over the body by the
3. Flies carry onto food.
4. is the best food of all.

IS THIS TRUE OR UNTRUE?

1. We have three sets of teeth at different ages.
2. Wholemeal bread is better for us than white bread.
3. Sweets are better food than oranges.
4. Tea is a better drink than milk.

WHICH IS THE RIGHT WORD?

1. (*Meat, Bread, Lettuce*) is an energy food.
2. (*Fruit, Cereal, Cheese*) is a body-building food.
3. (*Carrot, Meat, Sugar*) is a protective food.
4. The best drink is (*tea, milk, coffee*).

THINGS TO DO

1. Help your mother to plan what you are to have for each meal one day. (Make sure that you arrange to have energy foods, body-building foods and protective foods.)

2. Get three very large sheets of paper. On one of them paste photographs of as many energy foods as possible; on another paste photographs of body-building foods; and on the third paste photographs of protective foods.

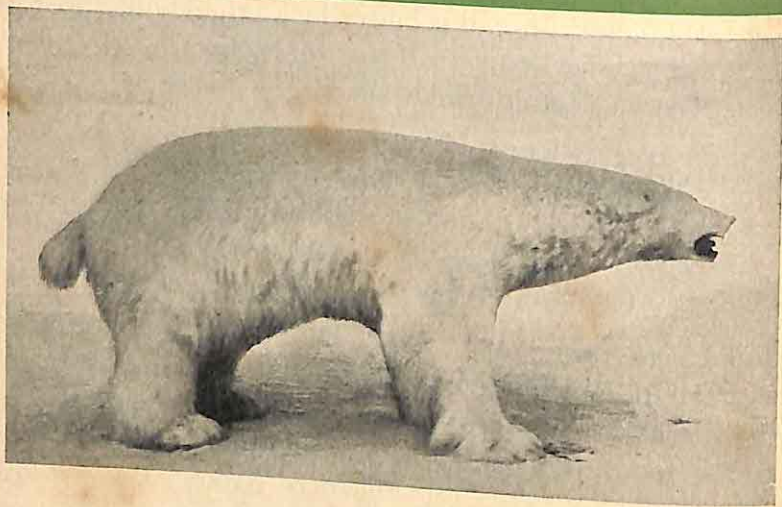
3. Here is the menu of a café for dinner :

<i>Soup</i>	<i>Boiled cabbage</i>	<i>White bread and butter</i>
<i>Grapefruit</i>	<i>Vegetable salad</i>	<i>Wholemeal bread and butter</i>
<i>Roast beef</i>	<i>Pancake</i>	<i>Tea</i>
<i>Cold ham</i>	<i>Suet pudding</i>	<i>Coffee</i>
<i>Boiled Potatoes</i>	<i>Fruit salad</i>	<i>Milk.</i>

Pick out what *you* would have for your meal.

4. Ask your mother to let you make a fresh vegetable salad, and see how good a one you can make.

4. YOUR CLOTHES



WHY WE NEED CLOTHES

*"Polar bear, polar bear,
What do you wear?"*

*"My own precious coat
Of lovely warm fur."*

*"Polar bear, polar bear,
What's beneath that?"*

*My own precious layer
Of lovely warm fat."*

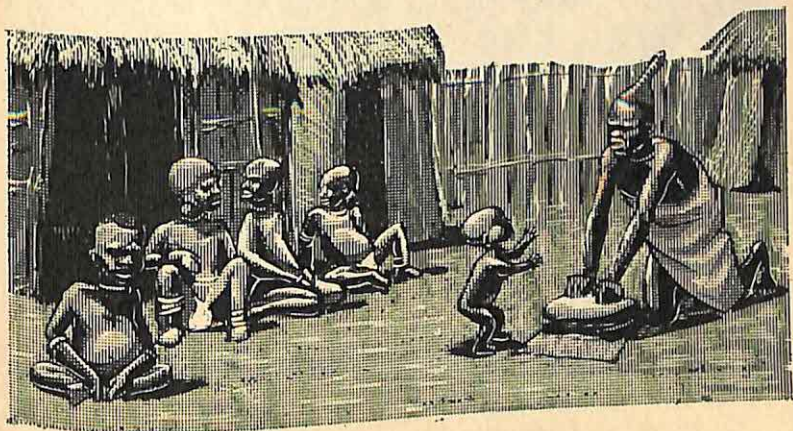
What a fine-looking animal the polar bear is! And how warm his white fur coat looks! The polar

bear needs a warm coat, for he lives among the snow and ice near the North Pole. He has a thick layer of fat beneath his fur, and this also helps to keep him warm.

Humans do not grow thick fur, and they need clothes to keep them warm. The Eskimos, who live in very cold places, wear clothes made from animal skins. In England it is not so cold, and we generally wear clothes made from cotton or wool.

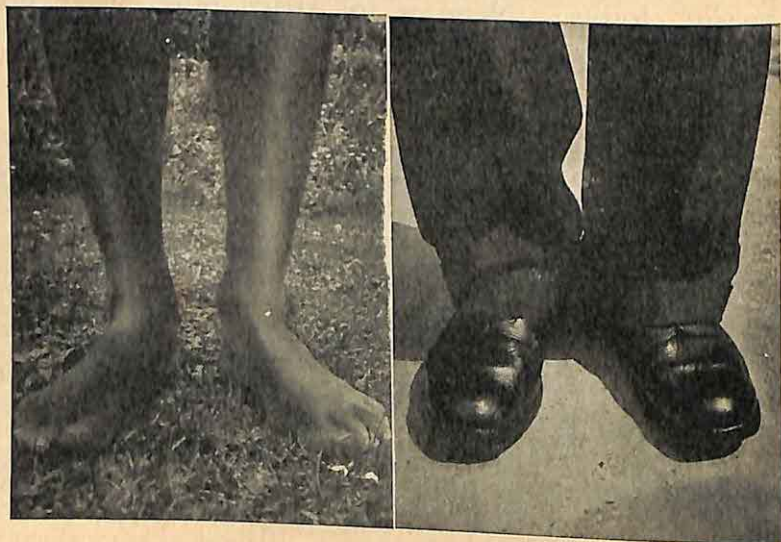
As well as keeping us warm, our clothes protect us from the rain. We should be very wet and miserable if we had no clothes.

People who live in very hot countries do not need many clothes. Negroes in Africa often wear no clothes, because they are quite warm without any.



But sometimes it gets very cold at night and then they put warm clothes on. Sometimes the sun is too strong in the day-time and the negroes wear clothes to protect themselves from the sun's rays.

In some parts of the world, people live on soft grassland. Their feet do not need much protection, so they walk bare-footed. In most parts of the world, bare feet would get badly bruised and cut, so shoes or boots are needed. Our roads are rough and hard, so even horses are shod. Sometimes children run around the streets without any shoes on, and get pieces of glass or stone into their feet. What a silly thing to do!





CLOTHES TO SUIT THE WEATHER

*Freddy was a foolish lad,
Whose teacher taught in vain—
He wore raincoats in the sunshine
And sunsuits in the rain!*

*On dry days he wore wellingtons,
And plimsolls in the snow—
Why Freddy was so foolish,
I really do not know.*

It was a warm, sunny day and the Brown family were on a picnic. They had gone to the seaside and

had found a quiet little cove all to themselves. Nobody else was in sight.

"What about a bathe?" asked Billy.

"A good idea!" said Betty.

So they undressed and played and splashed in the waves.

After they had dried themselves, they played leap-frog on the sands and then lay down for a while to sunbathe. After about ten minutes they began to feel rather hot.

"I am going to put some clothes on now," said Betty. "I don't want to get blistered by the sun."

"I shall put some clothes on, too," said Billy. "I have had enough sun for the time being."

"Good!" said Mr. Brown. "I am glad you are so sensible."

Six months later, the weather was very cold and very rainy.

"I'm tired of sitting indoors," Betty said. "Let's go for a walk."

"Righto!" said Billy. "We'll walk down to the park lake and back."

So off they went to get dressed.

"I shall put on a warm woolly," Billy said.

"So shall I," said Betty. "And a warm pair of stockings."

Then on went their raincoats, their wellingtons and their sou'-westers, and they were ready for the weather.

They had a good quick walk, and when they came back home they felt all a-glowing.





CLOTHES TO SUIT THE JOB

*" Old clothes or new clothes,
Which shall I wear?
Old shoes or new shoes,
Tell me, which pair? "*

*" New things for parties,
Old things for play ;
Night things for night time,
Day things for day."*

Arthur was very excited, because he was going to a birthday party. So he went up to his bedroom to get dressed.

" I want to look smart at the party," he said. " I think I shall wear these."

He picked out a clean suit, had a good wash and got dressed. Then he went downstairs.

" Look, mother," he asked, " do I look all right? "

His mother was very pleased.

" That's fine," she said. " You have picked just the right clothes for a party."

The next day, Arthur decided to clean his bicycle.

" I don't want my party clothes on today," he said. " I shall wear the oldest clothes I have."



He put on some old trousers that were nearly worn out and a shirt that was getting rather ragged. Then he put on an apron and started cleaning his bike.

"This is a dirty job," he called to his mother.

"Then it's a good

thing that you have put some old clothes on," she replied. "I am glad that you had the sense to do so."

So Arthur went on cleaning his bike, and when he had finished, it was all bright and shining.





CLOTHES THAT FIT

*Betty has a bunion,
Carrie has a corn—
All through the faulty shoes
The two of them have worn.*

*Winifred is wiser,
Her feet don't hurt a bit—
Winnie takes good care to wear
Shoes that really fit!*

Poor Jerry! Just look at him! He looks as if he

can hardly breathe. His shirt is so tight that he cannot put his chest out. He could not take a really deep breath without bursting his buttons off. His shirt sleeves are so tight and short that he cannot even throw a ball properly. His trousers are so small that they chafe between his legs. Jerry cannot enjoy himself and grow healthily with clothes like these.

Jimmy is a much luckier boy. He has sensible, loosely fitting clothes. He can breathe really deeply and develop his lungs. He can throw a ball as hard as he likes. He can hop and jump and skip and play leap-frog.

What a difference properly fitting clothes make!

One day Jimmy's father took him to buy some new shoes.

"Good morning!" said the shopkeeper. "Would you sit down?"

Jimmy sat down and took his shoes off. Then the shopkeeper measured his feet.

"You need this size, I think," he said, getting a pair out. "Will you try them on?"

Jimmy tried them on.

"They look nice," said his father.

"Yes," said Jimmy, "they *look* nice. But they feel tight, so they won't do."

“Here is a wider shoe,” said the shopkeeper.
“Try these on.”

“That feels fine,” said Jimmy, after he had laced the shoes up. He wiggled his toes to make sure that there was plenty of room. Then he walked up and down the shop once or twice to make sure that his new shoes were comfortable.

“Yes, they are all right,” he said. “They are not too tight and not too loose. They fit perfectly.”



WHEN CLOTHES GET WET

*This is the tale of Jennifer Jane,
Who was caught one day in a shower of rain ;
From head to foot she was wet right through,
From the top of her hat to the tip of her shoe.*

*" I won't change my clothes," the silly girl said,
And soon she was lying a-sick in her bed ;
The nurse and the doctor struggled in vain—
And that was the end of Jennifer Jane!*

Helen came home from school one day soaking wet. It had been fine when she set out in the morning, and she had taken no coat. Then, on her way home, there had been a thunder storm.

Helen knew that if she sat about in wet clothes she might get a chill.

So the first thing she did when she reached home was to take off her shoes and socks and put them on some paper on the kitchen floor.

Then she went upstairs and undressed and put her clothes on a stand in the bathroom.

Then she rubbed herself dry with her bath towel until she was warm and glowing.

Then she dressed herself again in some dry clothes.

“ Now I feel better,” she said. “ I feel fine and warm and I shall not get cold.”

What do you think Helen did next?

She took her wet clothes and hung them carefully on a clothes-horse to dry. Next, she packed her shoes well with dry newspaper and placed them in the warm kitchen to dry out (but *not* too near to the fire!).

Then Helen was ready for tea, and how she enjoyed it!





TAKING CARE OF YOUR CLOTHES

*What shiny shoes, so bright and fine!
How do you get that lovely shine?
Before I go to bed each night
I rub them clean and brush them bright.*

*What tidy clothes, from head to feet!
How do you get them all so neat?
Every night I take great care
To hang them neatly on a chair.*

What fun Bill is having! Do you know what he is doing? He is washing his stockings.

"I often wash my stockings," he says. "I am not big enough to wash things like shirts, but I *can* wash socks and stockings. So I help mummy by washing them every week."

Bill's mother shows him how to wash them properly, and how to put them out to dry.

"Remember, Billy," she said, "everything that is made dirty has to be cleaned again. I have to wash the clothes or pay for them to go to the laundry."

So, whenever he is doing dirty jobs or playing rough games, Billy puts overalls or old clothes on.

Betty lives next door to Bill. She always looks bright and smart. Her shoes shine like a mirror.

"How do you keep your shoes so clean?" her teacher asked her.

"I clean them every night before I go to bed," Betty replied.

"First I put an apron on. Then I brush the mud off with a stiff brush. Then I put the polish on with a softer brush. Then I shine them with another brush. And, last of all, I rub them with a soft rag."

"No wonder they look so nice," her teacher said. "I wish that everybody did the same as you."

Do you like bright, shining shoes?

Do you clean yours every night?

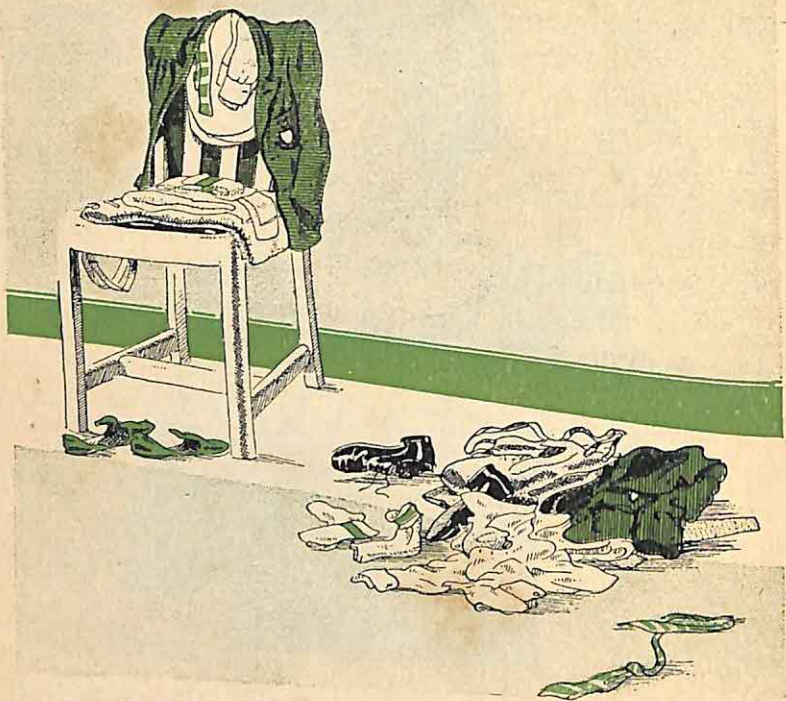


There were once two boys called Richard and Robert.

When Robert goes to bed at night, he throws his clothes all in a heap on the floor.

When Richard goes to bed, he hangs his clothes tidily over a chair.

In the morning, Richard's clothes are fresh and neat. Robert's clothes are musty and crumpled.



Which pile of clothes in the picture is Robert's?
How do you know?
Which is Richard's?
How do you know?
Which of them looks the neater?
Are you like Richard or are you like Robert?

TRY THESE PROBLEMS

ANSWER THESE QUESTIONS

1. Why do we need to wear clothes?
2. Why should you take care not to get too much sun?
3. What is the most important thing to be sure of when you are buying shoes or boots?
4. Why should clothes fit loosely?

IS THIS TRUE OR UNTRUE?

1. People in hot lands never need any clothes.
2. We should always wear the best clothes we have.
3. Wet clothes should be changed as soon as possible.
4. Shoes and boots need cleaning only once a week.

WHAT ARE THE MISSING WORDS?

1. We need clothes to keep us
2. Socks should be slightly than the foot.
3. Wet shoes should be packed with and placed in a place.
4. Clothes should be carefully when you take them off.

THINGS TO DO

1. Make a scrap book of pictures showing the clothes people wear in different parts of the world.
2. Ask your parents which clothes they think you should wear when you are going to do a dirty job.
3. Make a list of all the clothes you would take away with you for a fortnight's holiday in July. Make another list of the clothes you would take for a week in December.
4. Have a competition with your friends to see who comes to school with the cleanest shoes.

5. ENJOYING YOURSELF



HAPPY AT HOME

*There was an old woman who lived in a shoe,
Her children were happy all the day through ;
They helped wash the dishes and clean out the drawers
They helped in the house and they helped out of doors.*

*From morning to night, in rain and in sun,
They played lots of games and had lots of fun ;
They all joined together in work and in play
And so they were happy the whole of the day.*

“ I am going to wash up the tea dishes,” said Mrs. Brown.

“ Righto ! ” said Billy. “ I will dry them.”

Billy put on his apron and took a dry tea towel off the line.

"Now I'm ready," he said.

Very soon the dishes were washed and wiped.

"Thank you, Billy," said Mrs. Brown. "It is a big help to me when you dry the dishes. Now I will get daddy's tea ready and you can run out and play until bed-time."

Billy does all sorts of little jobs about the house. He often lays the table and often he clears it. He helps his mother to sweep the carpets and helps his father to clean the cutlery. Mr. and Mrs. Brown are very glad that Billy is so helpful. He does not make a great fuss about doing little jobs, so everyone is happy.

After Mr. Brown had finished his tea, he and his wife went out into the garden. Billy was playing there, and so were his sisters Vera and Margaret.

"There is half an hour before bed-time," said Mrs. Brown. "What shall we do?"

"I know!" said Vera. "Let's play skipping."

So Mr. and Mrs. Brown got out a rope and turned it while the children skipped.

"Now it's mummy's turn to skip," said Margaret. So she and Billy turned the rope for Mrs. Brown.

"And now it's daddy's turn," said Vera.

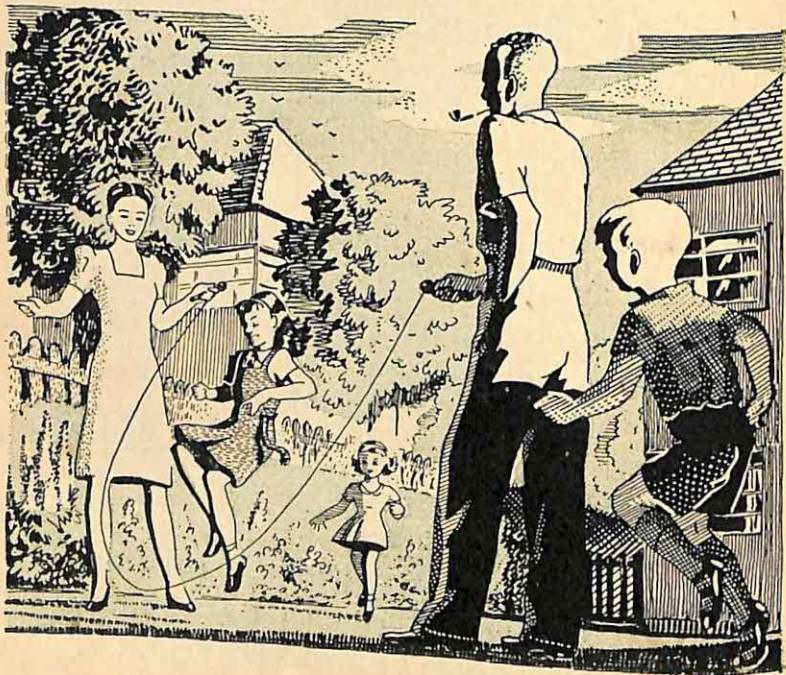
After Mr. Brown had had his turn, it was bed-time.

"That *was* fun," said Billy.

"Yes, it was," said Margaret and Vera.

"I enjoyed it, too," Mrs. Brown said.

"So did I," said Mr. Brown. "We *do* have fun when we all join in together. Now off you go upstairs! And make sure that you have a good bath. I'll come up and see you as soon as you are in bed."





HAPPY AT SCHOOL

"Where are you going to, my pretty maid?"
"I'm going a-schooling, sir," she said,
"I'm going to school to work and to play
And there I shall be for the rest of the day."

"Where are you going to, my pretty maid?"
"I'm going a-schooling, sir," she said,
"I'm going to school to learn all I can,
I do enjoy school"—and then off she ran.

Jane and Joe are in Miss Smith's class. They love going to school because they have such a good time there.

Winnie and Walter are in the same class. Yet they do not like school because they are not happy there.

How strange! Some children are unhappy at school, yet others are very happy. Why do you think that is?

Miss Smith knows the answer.

"Winnie and Walter do not enjoy school," she says. "That is because they do not try to fit in with the other children and with me. When they should be reading, they whisper to each other. When they should be writing, they just scribble. So they always find themselves in trouble.

"When he is playing games, Walter always wants to be first. So the other boys do not like him. When Winnie has had her turn skipping, she will not turn the rope for the other girls. So the other girls do not like her.

"You cannot be happy if you will not fit in properly with other people.

"Jane and Joe are happy because they try to fit in. They do the things I ask them to do, without a lot of fuss and bother. They take fair turns with the

other children when playing games, so everyone likes them.

“That is the secret of being happy at school—fit in with other people!”

Do you think Miss Smith is right?

Are you like Walter and Winnie?

Or are you like Joe and Jane?



HAPPY ON HOLIDAY

*Who will come a-picnicking
All on a summer's day,
And feel the warming sunshine
And smell the new-mown hay?*

*Who will come tobogganing
Across the crispy snow,
And hear the wind a-blowing
And feel their cheeks a-glow?*

It was a lovely July day and the summer holidays had started.

"Ann," said her brother Tom, "what shall we do today?"

"I know," said Ann, "let's go and picnic in the woods."

"That's a fine idea," Tom said. "We can ask Barbara and Freddy to come with us, too."

Their mother also thought it was a good idea, and so did Barbara's mother and Freddy's mother. They all helped to get ready. Soon the sandwiches were all packed in one haversack and four oranges and four apples in another. Two raincoats were put in a third haversack and the other two in another. Then everything was ready and off they went.



Soon they reached the woods and sat down in a dry spot to have a rest. After a few minutes they were rested and played "Hide and Seek" until it was time for lunch.

"Let us sit here, in the shade," said Barbara.

"I will put the raincoats down to sit on," said Tom.

They shared out the sandwiches and ate them. Then they each ate an apple.

"We will keep the oranges to eat later," said Ann.

"Now," said Freddy, "let us lie down for a while and have a rest after our meal."

When they had rested, they wandered along the edge of the stream, looking at the water plants and animals. Then, after a few games, it was time to go home, so home they went.

"It has been a lovely day," said Tom. "I *have* enjoyed it."

"So have we," said Barbara and Freddy and Ann.

It is much more fun to go out for the day in the country than to stay around the houses and streets. It is a lot healthier, too.

The next day it was raining heavily. "No country ramble today!" said Ann. "We should get soaked."

"Then what shall we do?" asked Tom. "We don't want to stay in the house all day."

"I know what I should like to do," Ann replied. "I should like to go to the museum."

"That's a good idea," said Tom, and off they ran to ask their mother if they could.

"Certainly," their mother said. "The museum is a very good place to go on a wet day. Get your wet-weather clothes on, and off you go."

So off they went.

When they arrived at the museum, they gave their wet coats and hats to the attendant to hang up in the cloakroom. They also gave him their wellingtons

and put on their plimsolls. Then they wandered around looking at the exhibits.

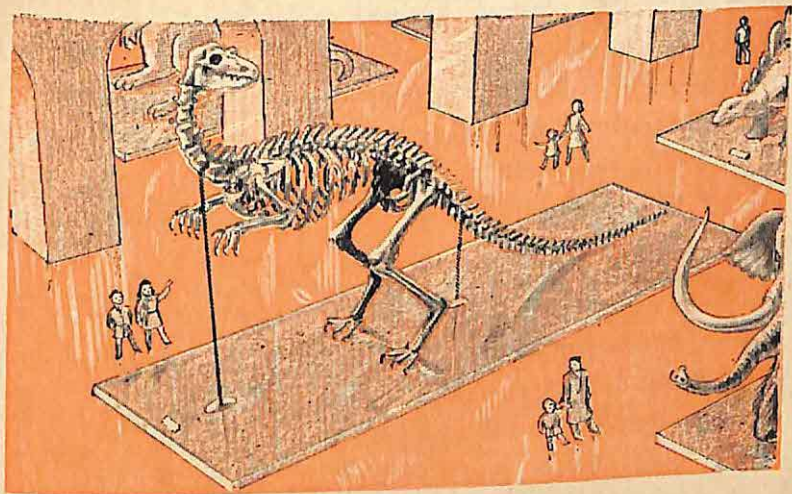
They saw all sorts of things, but they were most interested in a case of models showing how the human body works.

"My goodness," said Tom, "look what a long tube our food passes through!"

"Yes," said Ann, "and see how the heart works! We shall have to come here on another wet day and look at these models again."

By then, it was time for them to go home, and they told their mother how much they had enjoyed themselves.

What do you do on a wet day in the holidays?



TRY THESE PROBLEMS

ANSWER THESE QUESTIONS

1. Do you help your parents with jobs about the house?
2. What is the secret of being happy at school?
3. What have you done to help in the house today?
4. What is a good way to spend a fine afternoon?

IS THIS TRUE OR UNTRUE?

1. Other children will like you if you always want to be the leader in games.
2. You will enjoy school if you try to work in the way your teacher asks.
3. There is nothing much to do on a wet day.
4. When it is snowing, you should stay indoors.

THINGS TO DO

1. Make a collection of wild flowers on a picnic, and ask your parents or teacher to tell you the names of the ones you do not know.
2. Write a composition about "How I would spend a rainy day's holiday."
3. Have a competition with your friends to see who can help most in the house.
4. Spend a wet afternoon with a friend looking round a museum.

6. SAFE AND SOUND



GUIDING THE YOUNG

*I have a baby brother,
Who's really rather sweet ;
But doesn't know he mustn't go
And rush across the street.*

*My little baby brother
Is only just turned three—
His hand I hold like precious gold
When he comes out with me!*

"I am going shopping," said Mrs. Thomas.

"Can Billy come too?" her little son Billy asked.

"Yes," Mrs. Thomas replied. "Fetch your coat and we will get ready."

As soon as they were ready, off they went. Whenever they crossed a road, Billy's mother held his hand. Billy is only just three years old, and he is not big enough to cross the road alone. When he is a little older, he will have learned how to cross roads without danger.

Young children have many things to learn, just as the young of other animals have. The parents of many animals teach their young how to do things. Baby sparrows are taught by their parents how to fly. Lion cubs are taught how to catch their food. Otters teach their young how to catch food, how to eat it, and many other things. But the babies that are taught most by their parents are human babies.

When Billy was one year old, he could do hardly anything for himself. Now that he is three, he can do some things, but his parents have to keep an eye on him most of the time. When he is eight or nine, he will be able to look after himself fairly well. Children of that age should have learned how to keep out of danger.

Do you look after younger children carefully?



SAFETY AT HOME

*" Fire, fire, who wants fire,
Flames a-flickering, higher and higher? "*
*" I want fire to warm my house,
I want fire to stew my scouse."*

*" Then take great care it does not catch
Clothes or carpet, wood or thatch ;
And set your dwelling all a-fire,
Flaming fiercely, higher and higher."*

The Smith family are always careful to have a fireguard in front of the fire. They are a very sensible family.

Mr. and Mrs. Smith have five children. Marion is the oldest and is nine years old. Walter is second and is seven years old. Then there are the twins Dorothy and David, who are four years old. Last is Mary, who is eighteen months old, and has just started walking.

Marion and Walter have learned how dangerous fire is. When they were younger, they sometimes burned their fingers by touching hot things and now they are very careful.

Dorothy and David know that fire is dangerous and they do not play with it. Sometimes they forget,



and try to throw waste paper in the fire, but the fireguard reminds them not to.

Mary is still a baby and does not understand how dangerous fire is. The fireguard stops her from burning herself. If she starts to pull herself up by holding on to the fireguard, the other children stop her. They are old enough to understand the danger of fire. They do not want Mary to burn herself.

One day Mary toddled into the kitchen and started to play with the taps of the gas cooker.

"No!" said Walter. "You must not do that."

Then Mary tried again.

“No!” said Walter again, and Mary stopped.

The Smith children know that it is very foolish to play with the taps of gas cookers or gas fires. They do not want to gas themselves!



KEEP YOUNG CHILDREN away from gas taps!



In the dining room, the Smiths have an electric fire. One day David started switching it on and off.

"David!" his mother called. "Never do that again! You will go and electrocute yourself!"

"What does 'electrocute' mean?" David asked.

"Well," explained Mrs. Smith, "if you touch anything electrical, all the electricity may go into

your fingers and right through your body. It might burn you badly. It might even kill you. You must be very careful with electrical things. You must never touch them until you are old enough to know how to handle them safely."

"Is it all right to touch the electric lamp?" David asked.

"No," his mother replied. "You had better not touch *anything* electrical until you are a bit older. Not the electric fire, nor the electric lamp, nor the electric kettle, nor the electric iron, nor the radio set. They are all dangerous."

"I see," said David, and after that he was very careful not to play about with electrical things.

A few days later, Marion was helping Dorothy to dry herself after her bath. She went out of the bathroom for a few moments to fetch a hairbrush. When she came back, Dorothy was standing on the stool trying to reach the bottles in the medicine cupboard.

"Dorothy!" cried Marion. "You must never do that! You must never play with medicines!"

"I like playing with bottles," said Dorothy.

"Do you?" asked Marion. "Well, don't play with *medicine* bottles. How would you like it if you drank something that made you sick? Or something that poisoned you and killed you?"

Just then Mrs. Smith came into the bathroom.

“ Good for you, Marion! ” she said. “ I am glad you are so sensible. You will be sensible, too, won’t you Dorothy? ” she asked.

“ Yes, I shall,” Dorothy said. “ I shall tell David not to play with medicines, either.”

Then off she went to bed.



SAFELY TO SCHOOL

*Have you met my friend the Bobby,
Who stands just down the way?
He sees me safe across the road,
And on to school each day.*

*You must meet my friend the Bobby,
Who's in the street down there—
And when he's nowhere round about,
Be sure you cross with care!*

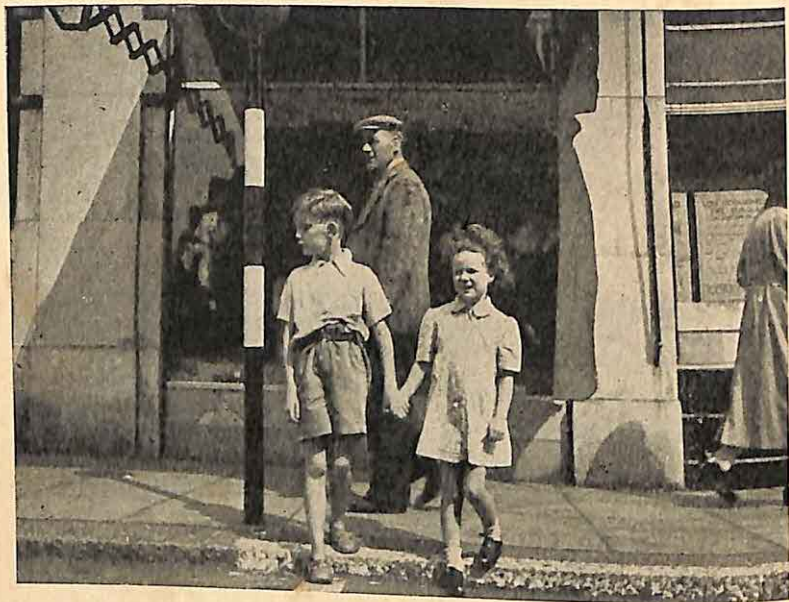
John had just finished getting his school things together when the door bell went *ting-a-ling*.

"That will be Eva," John said. "She always calls for me on her way to school."

So he kissed his mother goodbye and went out to Eva. It took them ten minutes to walk to school, so they always allowed themselves a quarter of an hour, to give themselves plenty of time.

At the bottom of John's street there was a busy main road with a lot of traffic on it. When they reached the main road, John and Eva turned right and walked along until they came to a black and white post with a big orange ball on the top.

These posts are called "beacons". There is one beacon on each pavement, and between them a path



is marked out by white studs set in the road. This path is called a "pedestrian crossing".

At a pedestrian crossing, the traffic should stop to let people cross the road. But sometimes drivers are careless, so Eva and John take no risks.

First they stop at the kerb.

Then they look to the right.

Then they look to the left.

Then they look again to the right.

If any traffic is coming, they wait.

If no traffic is coming, they *walk* across.

One day John *ran* across a road, so as to race Eva. But when he told his mother, she did not think it was funny.

“It was not at all funny or clever,” she said. “It was very silly. If you run across, you make drivers nervous and they might run into you. So *never* run across a road. *Always* walk across!”

John does not want to get run down by a motor car, so now he always walks across and never runs.

Usually, when the children are going to and from school, there is a policeman at the busy crossing. Then the children all line up and wait until he tells them to cross.

When there is no policeman there, the older children look after the younger ones and help them to cross safely.

Do you know how many children are killed or injured in the streets?

Every year, in Great Britain, about a thousand children are killed in road accidents. Each year about thirty thousand children are injured. If you work it out, you will find that means that about three children are killed, and about ninety children are injured, *every day*.

Do you want to be one of them? If you do not, you had better cross the roads very carefully.

Remember the Rule :

Stop at the kerb.

Then look right.

Then look left.

Then look right again.

If there is anything coming, wait.

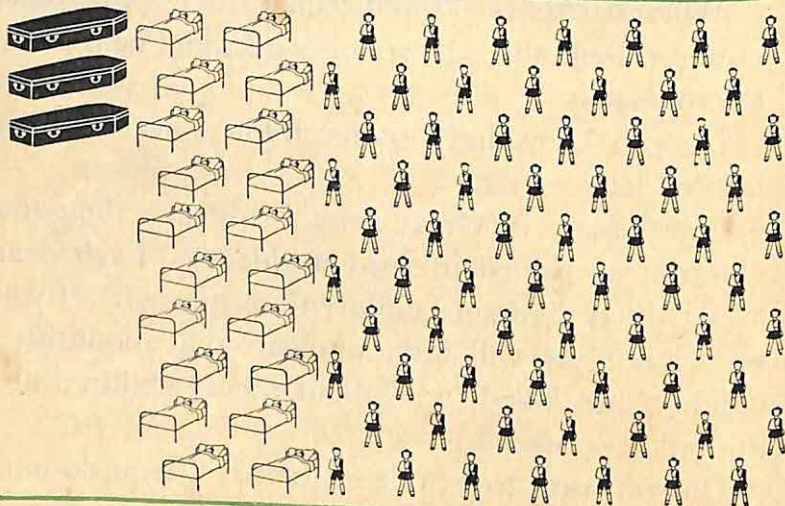
If there is nothing coming, walk across.

THIS DIAGRAM SHOWS HOW MANY CHILDREN ARE KILLED AND INJURED ON ROADS IN BRITAIN EVERY DAY

KILLED

SERIOUSLY
INJURED

LESS SERIOUSLY INJURED



Eva's friend Elsie lives further away from school. She travels to and from school on a bicycle. Before her teacher would allow her to come to school on a bicycle, Elsie had to pass a test.

"Tell me," Mr. White asked, "which side of the road do you ride on?"

"On the left side," Elsie replied.

"Good!" said Mr. White. "Do you ride near the middle of the road?"

"No," answered Elsie. "I ride near to the pavement so that motor cars will not pass too near to me."

Then Mr. White asked another question.

"What do you do if you come to a cross-roads?"

"I stop to make sure that no traffic is coming," Elsie replied. "Then, when the road is clear, I cross."

"What if there are traffic lights?" asked Mr. White. "What do you do then?"

"When the light is red, I stop," said Elsie.

"When the lights are red and yellow, I get ready to go.

"When the light is green, I go.

"When the light is yellow, I stop unless I am too close to pull up safely."

"That's right," said Mr. White. "But what do you do if there is a lot of traffic?"

"I get off and wheel my bike," Elsie replied.



“ I think you have passed the test,” Mr. White said.
“ But here are some more rules for you to remember.

“ Always keep both hands on the handlebars, except when you are putting an arm out to show that you are going to turn.

“ Always ring your bell when you come to a corner, or when you pass somebody walking in the road.

“ Always ride slowly so that you can stop easily.

“ Always make sure that your brakes are working properly.”

“ Can you remember the rules? ” asked Mr. White.

"Yes," said Elsie. "I shall remember them."

"Good," said Mr. White. "Then you can come to school on your bicycle tomorrow. I shall watch you carefully. If you break any of the rules, I shall have to stop you cycling to school."

But Elsie always remembers the rules, so she is still allowed to come to school on her bicycle.

Daphne and Jim go to school on the bus. They set out in the morning and wait at the bus stop.

"Here it comes," says Jim.

He holds out his arm, so that the driver can see it. He does not stand out in the road as some silly children do.

"I don't want to get run over," he says.

When the bus has stopped, Daphne and Jim get on it. They usually go inside, so that they do not have to climb the stairs while the bus is moving.

One June day it was very hot, so Daphne opened the window.

"I should love to put my head out of the window," Daphne said. "It would be fun."

"Don't be silly," said Jim. "Suppose another bus came by? It might knock your head off!"

"Oh, dear!" Daphne replied. "I shouldn't like to have my head knocked off."

“Or you might get some grit in your eye,” said Jim. “Would you like that to happen?”

“No, I shouldn’t,” said Daphne. “I had better not put my head out of the window, after all.”

When the bus reached the stop near the school, Daphne and Jim got up. They waited until the bus had properly stopped, and then stepped out onto the pavement.

“I wish that all children were as sensible as you two,” the conductor said. “I can see that *you* are not going to have any accidents.”





SAFE IN THE TOWN

*This is the sorrowful story of Pete,
Who went and played in a busy street ;
Out into the road he ran—
Right in front of a motor van.*

*Now in hospital he lies,
With broken bones and swollen eyes ;
Bandage-wrapped from head to feet—
Just through playing in the street!*

Betty and Billy had finished tea and helped their mother to clear the dishes away.

“ May we go out to play? ” asked Betty.

"Yes, dears," their mother replied, "for half an hour."

So off Billy and Betty went.

They met some friends and started playing ball in the street.

After a few minutes, a fine big policeman came by.

"Hello, children!" he cried. "Are you enjoying yourselves?"

"Yes, thanks," called Billy.

"Well, do you think you would enjoy yourselves if you got run over?" the policeman asked. "Lots of children *do* get run over, you know, through playing in the road. Would you like to be hurt by a motor car?"

"No," the children said, "we shouldn't."

"Then you come with me," the policeman said. "I'll show you a better place to play."

So off they all went with the policeman. He took them five minutes walk away to the recreation ground.

"There you are," he said. "Here's the place for you to play. Now run off and enjoy yourselves."

The children played ball for a while, and then they decided to play "Cowboys and Indians." Billy was Big Chief Sitting Bull and Betty was Singing Bird, and two of their friends were also Indians.

The others were cowboys, whose leader was Buffalo Bill. They had fine fun chasing each other around and hiding behind the trees.

"This is much better than playing in the streets," they all agreed.

After a while, they thought that it would be fun to go on the swings and slides and merry-go-round. They had a wonderful time, running and laughing and singing as much as they liked.

Suddenly the church clock struck seven.

"Seven o'clock!" said Betty. "It is time we went home. Good night!"

"Good night!" the other children called.

"We'll see you tomorrow," said Billy, and started off home with his sister.

On their way home, a lorry passed by. Some children were riding on the back of it.

"Look at those silly things!" said Betty. "They might fall off and hurt themselves."

"And another motor car might run over them," said Billy. "I'm never going to jump on the back of lorries."

"Neither am I," said Betty.

Do you want to get run over?

Are you going to jump on the back of lorries?

SAFE IN THE COUNTRY

"Who'll eat me?" the toadstool said—

If you do, you may soon be dead.

"And eat me!" the nightshade cried—

Some of those who did have died.

Don't let mushrooms go to waste,

And blackberries have a lovely taste ;

But leave the other things you meet

Unless you're *sure* they're good to eat.

It was a lovely sunny day, so the Jones family decided to spend it in the country. Mrs. Jones prepared the sandwiches, while her husband cleared up after breakfast. Carol made sure the first-aid kit was packed, while Ted gathered all the raincoats together. Then they set off.

Half an hour's ride on the bus took them well out of the town, and then they set off walking down a country lane.

"Let us all walk close in to the right hand side of the road," said Mr. Jones.

"Why?" asked Ted. "I thought traffic had to keep to the left."

"Yes," his father replied. "Motor cars keep to the *left*, and that is why, when there is no pavement,

walkers keep to the *right*. When we are on the right side, we can see the oncoming traffic. If we were to walk on the left side, motor cars might run into us from behind before we knew they were coming."

"I see," said Ted. "I must remember that. Always walk on the *right* hand side of the road."

"But not if there is a pavement," his mother reminded him.

If there is a pavement, walk on it.

If there is no pavement, keep to the right of the road.



As they were walking along the lane, they came to some fine big blackberries, and picked a few.

"I love blackberries," said Carol.

"So do I," said Ted.

Then Carol saw some other berries of a bright red colour.

"Can I eat these?" she asked her mother.

"They look delicious."

"They may *look* delicious," Mrs. Jones replied, "but some things that look delicious are poisonous."

"Well, are these berries poisonous?" Carol asked.

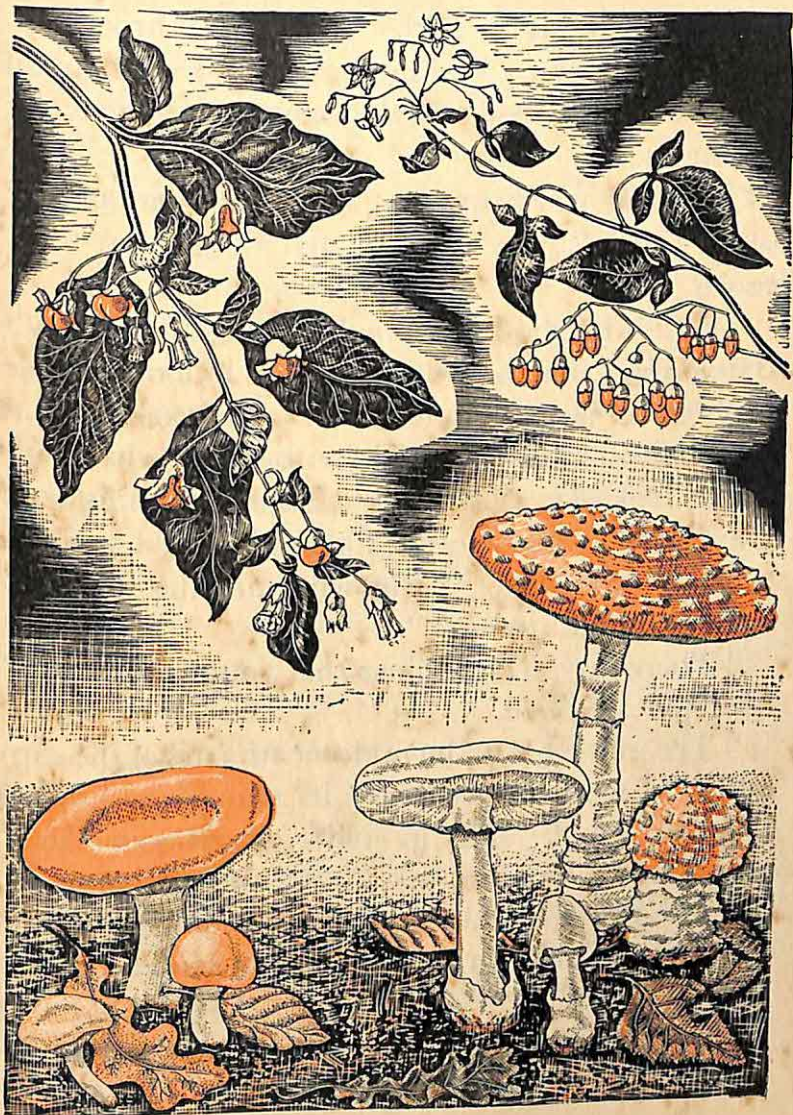
"I don't know," her mother answered. "So don't eat them. It is always best to be on the safe side. Never eat *anything* that you are not quite sure about."

"Blackberries are good to eat," said Mr. Jones. "So are wild raspberries and wild strawberries and bilberries. But never eat *any* other berries unless you are certain that they are harmless."

After about a mile, they climbed over a stile into a field, and followed a footpath for some distance. Ted and Carol were running ahead when suddenly they stopped and called their parents.

"Oh, look!" they shouted. "Here are some mushrooms. We can collect them and take them home for tomorrow's breakfast."

Mr. and Mrs. Jones looked at them carefully.



LOVELY TO LOOK AT—BUT DEADLY TO EAT

"Yes," Mrs. Jones said, "they *are* mushrooms, so we will pick them. You must always be very careful never to pick toadstools, because they may be poisonous."

"How do you know that they are mushrooms?" asked Ted. "How can you tell them from toadstools?"

"Well," his mother replied, "it is rather difficult to describe. The best thing to do is to look at these mushrooms carefully and get to know exactly what they look like, just as you get to know what your friends look like. Then you will not make mistakes. You wouldn't mistake Bill for Fred, would you?"

"No," said Ted. "But what are the things to look for in mushrooms?"

"There are several things that you can look for," Mrs. Jones replied.

"The gills (that is the underneath part of the cap) are *never* white or yellow. In young mushrooms they are pink and in older mushrooms dark chocolate brown.

"The top of the cap peels easily and cleanly.

"The stalk has a ring of torn skin round it about half way up.

"But if ever you are not *certain* that it is a mushroom you have collected, throw it away."

"I shall remember," said Ted. "I don't want to be poisoned."

"Neither do I," said Carol.

After they had eaten their sandwiches and had a rest by the side of a lake, the Jones family decided that they would swim.

"You can swim today with your mother and me here," said Mr. Jones. "We can look after you to see that nothing goes wrong. But you had better not go swimming when there is no adult present. I don't want you drowned. You will be able to go swimming by yourselves when you are older."

Carol was ready first, and was just going to dive in off a rock, when her mother stopped her.

"Carol!" she cried. "How do you know that there isn't a rock or an old tree trunk or something in the water? It is safest to *walk* in first. Don't dive until you are sure that there is nothing in the way. Diving is all right in a proper swimming bath or in clear, deep water. It's fun to dive in. But when the water's not quite clear, and you can't be sure that there's nothing to bang against, it's not safe to dive."

So Carol and Ted walked in and their parents walked in just behind them. They had a fine swim, dried themselves well, got dressed, and set off home.

"What a wonderful day it has been!" they all said.

TRY THESE PROBLEMS

ANSWER THESE QUESTIONS

1. If you are in charge of a young child in the street, what special care should you take?
2. What does "electrocute" mean?
3. Where is the best place to cross busy streets?
4. Why is it silly to ride on the back of a lorry?

IS THIS TRUE OR UNTRUE?

1. Waste paper should be thrown into the fire.
2. It is dangerous to play with electrical things.
3. To stop a bus, you should stand out into the road.
4. All red berries are safe to eat.

WHAT ARE THE MISSING WORDS?

1. Children should never play with taps.
2. You should never across the road.
3. Traffic should stop when the lights are
4. When there is no pavement, you should walk on the side of the road.

THINGS TO DO

1. Go with your mother or father into every room in the house, and see how many things can be made safer.
2. If you have a bicycle, make sure that your brakes and bell are in good working order.
3. Find out how to tell mushrooms from toadstools.
4. Make a first-aid box to take with you on rambles.

SOME USEFUL ADDRESSES

Much valuable advice and educational material may be obtained by teachers and parents from various bodies, including the following :

Central Council for Health Education, Tavistock House,
Tavistock Square, London, W.C. 1.

Central Council for Physical Recreation, 6 Bedford
Square, London, W.C. 1.

Dental Board of the United Kingdom, 44 Hallam Street,
London, W. 1.

Food Education Society, 33 Gordon Square, London,
W.C. 1.

Foot Health Educational Bureau, 90 Ebury Street,
London, S.W. 1

Ling Physical Education Association, Hamilton House,
Bidborough Street, London, W.C. 1.

National Association for Mental Health, 39 Queen Anne
Street, London, W. 1

National Council for Maternity and Child Welfare, 48
Queen's Gardens, London, W. 2.

National Milk Publicity Council, Thames Ditton,
Surrey.

National Ophthalmic Treatment Board, Tavistock
House, Tavistock Square, London, W.C. 1.

Royal Sanitary Institute, 90 Buckingham Palace Road,
London, S.W. 1.

Royal Society for the Prevention of Accidents, Terminal
House, 52 Grosvenor Gardens, London, S.W. 1.



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